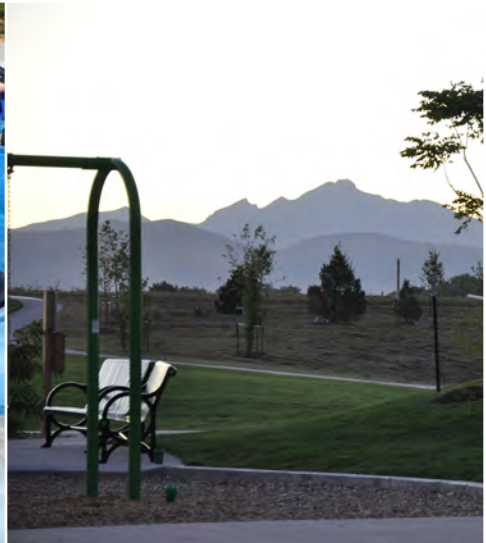


Parks & Recreation

Fall 2012 Program Guide



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Best Recreation Center
2008, 2009, 2010



Ballfield Design
Honor Award - 2010



National Alliance for
Youth Sports
Honorable Mention - 2011



DON'T FORGET TO PLAY!
Starbust Award
Erie Community Park - 2010

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WELCOME

Fall is a wonderful time of year in Colorado – tourists and locals alike enjoy the gorgeous mountains and the changing of the leaves. Football, cooler days, magnificent sunsets, and soon pumpkins, trick or treaters, and holidays with friends and family make the end of the year grand.

This year, your Erie Parks & Recreation team hopes to add a lot of Gold to the fall “colors” as we are a Finalist for the National Gold Medal Award for Excellence in park and recreation management. Winners will be announced on October 16 in Anaheim at the National Recreation and Parks Association Congress. Please view the agency video submitted as part of our application at www.erieparksandrec.com – it’s all about you, Erie!

Also in Anaheim, we anticipate receiving the National Accreditation designation. We will join an elite group of the top 1% of all agencies in the nation who have achieved this designation and will become only the second municipality in Colorado to do so. Your commitment and support of parks and recreation in Erie has made this possible!

Don’t miss out on all the other fantastic activities we have in store for you! TRX® Suspension training program arrives in September (page 14). Kids’ Nite Out Across America® offers youth programming every Friday night at the ECC (back page). The Healthways SilverSneakers® Program celebrates one year in Erie with a fun-filled celebration on September 21 (page 34). Programs in dance, arts and crafts, music, photography, as well as flag football, racquetball, and soccer all begin soon!

This season, we want to make it easy for you to stay in shape – the ECC 3-month pass promotion (15% off) will run from September 15 – October 15. And lastly, join us as we begin the fall season by participating in “The Great Erie Outdoor Adventure” – back for the 3rd year on September 8 & 9 at the Erie Community Park. Don’t miss Erie’s #1 Family Event! Registration is open now (page 22)!

Your Partner in Recreation,


Jill P. Wait
Parks & Recreation Director



Mission, Policies & Staff

PARKS & RECREATION DEPARTMENT MISSION

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

POLICIES

COMMUNITY CENTER POLICIES

- All guests utilize the Center and participate in activities at their own risk
- Children ages 0-9 must be directly supervised by an adult at all times, unless the child is participating in a Center supervised program; please see Guest Service for specific policies regarding fitness equipment and children. Children 7-9 years old, however, are allowed in T-Town while their parent/guardian(s) are in the Center. Parents cannot drop off their child and leave the Center. Parents must sign in their child at Guest Service, where they will receive a wristband for their child to wear in the Center. Parents must also indicate where they will be in the Center while their 7-9 year old is in T-Town. T-Town will not be staffed
- Please dress appropriately when in the Center. Shoes and shirts are required at all times (except in the pool). Non-marking shoes are required in the gymnasium, racquetball courts, and fitness studio. Proper swim attire is required in the pool area including mesh-lined trunks for males; swim suits for females (street clothes are prohibited). Athletic attire, including closed toe athletic shoes, are required in the fitness areas
- Guests are strongly encouraged to bring their own lock to secure clothing and valuables in lockers. Locks are also available for sale at Guest Service. Locks and property must be removed each night
- A valid form of identification is required for equipment check-out. Acceptable forms of ID include a Center pass, school ID, or library card. Driver's licenses, keys, and credit cards will not be accepted
- Tobacco and weapons are prohibited in the Center
- Animals are prohibited unless service animals accompanying persons with disabilities
- Please be aware of and follow all posted Center rules and guidelines

CODE OF CONDUCT

The Town of Erie expects reasonable and appropriate behavior from those who visit and use the facilities and participate in activities. The Parks & Recreation Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating the code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, an unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.

NON-DISCRIMINATION POLICY

The Town of Erie does not discriminate on the basis of age, race, sex, color, religion, national origin, disability, veteran status, sexual orientation or any other status protected by law.

The Parks & Recreation Department is committed to supporting individuals with disabilities and we are happy to discuss any special accommodations or adaptations necessary for participation. Please contact the Center at 303.926.2550 for assistance requests or inquiries.

WE TRY TO BE ACCURATE!

We make every effort to ensure the accuracy of the information in this guide. Information is subject to change.

TOWN OF ERIE OFFICIALS AND STAFF

BOARD OF TRUSTEES

Mayor: Joseph A. Wilson
Mayor Pro Tem: Ronda Grassi

Trustees:
Joe Carnival
Mark Gruber
Jonathan Hager
Janice Moore
Paul Ogg

TOWN OFFICIALS

Town Administrator:
A.J. Krieger

STAFF

Administration:
Parks & Recreation Director: Jill P. Wait
Administrative Coordinator: Amy Teetzel
Marketing/Special Events: Vacant

Parks Division:
Parks Superintendent: Gary Hegner
Asst. Parks Superintendent: Paul Reed
Horticulture Crew Leader: Darren Champion
Forestry Crew Leader: Mike McGill
Athletic Fields Crew Leader: Drew Barber
Parks Technician II: Daniel Peer
Parks Technician II: Shane Jasper

Recreation Division:
Recreation Division Manager: Kris Wilson
Chief Recreation Coordinator: Ian Ferguson
Active Adults 60+: Cindy Gerhardt
Aquatics: Karen Newlon
Facility Maintenance: Ed Mestas
Fitness & Wellness: Shondra Schlichenmayer
General Programs: Matt LaPorte
Guest Service & Member Relations: Charlene LeRoy
Sports: John Pryor

Center Information

CONTACT INFORMATION

450 Powers Street
P.O. Box 1110
Erie, CO 80516
303.926.2550
www.erieparksandrec.com

2012 CENTER HOURS OF OPERATION:

Monday - Thursday	5:30 am - 9:00 pm*
Friday	5:30 am - 7:00 pm*
Saturday	7:00 am - 7:00 pm*
Sunday	8:00 am - 6:00 pm*

*Pool closes 30 minutes prior to the Center

HOLIDAY CLOSURES:

In 2012, the Erie Community Center will be closed on the following dates:

New Year's Day	January 1
President's Day	February 20
Easter Sunday	April 8
Independence Day	July 4
Annual Maintenance Week	August 15 - 21
Thanksgiving Day	November 22
Christmas Eve	December 24
Christmas Day	December 25

The Center will be open from 8:00 am - 12:00 pm on the following dates:

Memorial Day	May 28
Labor Day	September 3
New Year's Eve	December 31

FACILITY RENTALS

Looking for a place to hold your next function, meeting, or celebration? The multipurpose rooms, kitchen, indoor playground, climbing wall, gymnasium, fitness studio, and pool are all available for rental. For availability, please contact the Center. See page 38 for facilities and amenities.

RACQUETBALL

- Racquetball reservations are taken 48 hours in advance by contacting the Center (No charge to passholders and day pass users)
- Racquetball goggles and racquet wrist straps are highly recommended
- The length of time for a court reservation is 1 hour

EQUIPMENT CHECK OUT

A variety of equipment is available for check out at no charge including: basketballs, volleyballs, racquetball racquets, racquetballs and goggles, and climbing harnesses.



TENNIS

- Tennis reservations are taken 48 hours in advance for the two north tennis courts (1 & 2) by contacting the Center (No charge)
- The length of time for a court reservation is 1 hour
- The two south tennis courts (1 & 2) will remain available on a first come, first served basis (no reservations accepted)

The Parks & Recreation Department may schedule programs and or leagues on the tennis courts; therefore, at times they will be unavailable for reservations.

Tennis courts are open for use from March 15 - November 15.

KIDSTATION HOURS OF OPERATION:

Monday - Friday	8:00 am - 1:00 pm
Monday - Thursday	4:00 - 8:00 pm
Saturday	7:00 am - 1:00 pm
Sunday	8:00 am - 1:00 pm

- Free with Annual Pass
- Ages 6 months - 6 years
- Parents must remain in the Center (outdoor fitness classes are the only exception)
- 90 minute maximum
- Drop-in on a space available basis
- Photo ID required at check-in and will be returned at pick-up

KidStation Fees:

Resident	Non-Resident
\$3/hr for 1st child without annual pass; \$1.50 each addl child in same family	\$3.75/hr for 1st child without annual pass; \$2 each addl child in same family
40 Punch Card = \$75 without annual pass	40 Punch Card = \$95 without annual pass

MINI-MINERS INDOOR PLAYGROUND HOURS OF OPERATION:

Monday - Thursday	11:30 am - 8:30 pm
Friday	10:30 am - 6:30 pm
Saturday	8:00 am - 6:30 pm
Sunday	8:00 am - 5:30 pm

- Play equipment is for ages 9 and under; no children over 4 years in toddler area
- All children must be supervised by an adult at all times
- Socks must be worn at all times - no shoes

T-TOWN (INTERACTIVE GAME ROOM) HOURS OF OPERATION:

Monday - Thursday	8:00 am - 8:30 pm
Friday	8:00 am - 6:30 pm
Saturday	8:00 am - 6:30 pm
Sunday	8:00 am - 5:30 pm

- T-Town is for ages 7-13
- 7-9 year olds must be signed in by their parent/guardian at Guest Service
- Please follow posted instructions for use of all equipment and observe posted rules

Center Fees

ERIE COMMUNITY CENTER - FEES FOR 2012*

	Adult (18-59)	Youth (4-17)	Active Adult (60+)	Active Adult Couple (60+)	Couple	Family
Annual Pass						
Resident	\$365	\$185	\$219**	\$375**	\$625	\$719
Non-Resident	\$455	\$229	\$275**	\$469**	\$779	\$899
3 - Month Pass						
Resident	\$105	\$49	\$59	\$105	\$179	\$199
Non-Resident	\$129	\$59	\$75	\$129	\$225	\$249
20 - Visit Pass						
Resident	\$79	\$39	\$45	-	-	-
Non-Resident	\$99	\$49	\$55	-	-	-
10 - Visit Pass						
Resident	\$29	\$29	\$29	-	-	-
Non-Resident	\$35	\$35	\$35	-	-	-
Daily Admission						
Resident	\$4.50	\$2.25	\$2.70	-	-	\$10
Non-Resident	\$5.50	\$2.75	\$3.40	-	-	\$12

*Subject to change

PASS INFORMATION

- ** = If you turn 60 within 3 months of starting an annual pass, you qualify for the active adult rate
- Couple = 2 adults residing at the same physical address
- Active Adult Couple = 2 persons residing at the same physical address - both of the age 60+
- Family = up to 2 adults and 2 children (17 or younger) residing at the same physical address; \$75 for each additional person
- Children 3 years and younger are free
- 10-Visit passes expire 3 months from purchase date
- 20-Visit passes expire one year from purchase date
- Annual passes may be paid by auto-debit
Please contact the Center for more information

CORPORATE PASSES

- Valid for Annual or 20-Visit passes only
- Applies to employees of businesses located within the town limits (with a business license) and their families
- Discounts applied to relevant Resident or Non-Resident rate
- Pay stub or letter from employer to validate
- 10% discount for 2-9 employees purchasing passes;
15% discount for 10-14; 20% discount for 15 or more

REDUCED RATE ASSISTANCE PROGRAM

The Town of Erie provides a program for eligible participants which will reduce pass fees and recreation activity participation fees. Households that qualify for federally funded assistance programs are eligible. Please contact the Center for more information.

OFF-PEAK ANNUAL PASS

- Fee: R \$185 / NR \$229
- Pass is only valid between the hours of
1:30 pm and 3:30 pm, 7 days a week

WHAT IS INCLUDED IN PASS FEES AND DAILY ADMISSION FEES?

Pass fees and daily admission fees include use of the fitness and weight equipment, running track, locker rooms, racquetball courts (subject to availability), drop-in fitness classes, designated open gym, use of NEOS, open swim and specified climbing times (see page 10). Belay rides are free during supervised open climb times to all annual pass holders. KidStation is also free to all annual pass holders. Access to T-Town, Mini-Miners indoor playground, and Columbine Lounge (ages 60+) is free of charge. Other Center areas and programs may require additional fees.

PASS REFUND/CANCELLATION POLICY

20-Visit passes and KidStation punch cards are non-refundable and non-transferable. 10-Visit passes are non-refundable but transferable.

Annual and 3-Month passes are subject to a cancellation fee:

- \$50 for the 1st person
- \$25 for the 2nd person
- \$10 for each additional person

Annual passes purchased by auto-debit are subject to a cancellation fee: a \$25 fee and forfeiture of the last month's payment which has been paid in advance. Cancellation requests must be received by the 10th of the month. Cancellation requests received after the 10th of the month are subject to the cancellation fee in addition to forfeiture of the current month's first and last month's payment.

Aquatics

Pool Schedule

August - December 2012 (subject to change)

MONDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim - 11:15 am - 8:30 pm	3 lanes open - 5:30 - 8:00 am	Hydro Pump - 7:00 - 8:00 am	Swim Lessons - 9:00 - 11:15 am
Slide - 1:00 - 8:00 pm	2 lanes open - 10:00 - 11:15 am	H ₂ O Aerobics - 8:00 - 9:00 am	Adult Swim Lessons - 7:15 - 8:00 pm
	3 lanes open - 11:15 am - 1:00 pm	Arthritis Foundation - 9:00 - 10:00 am	
	2 lanes open - 4:00 - 6:00 pm	Deep Water - 9:30 - 10:00 am	
	2 lanes open - 7:00 - 8:30 pm	Hydro Pump - 10:00 - 10:30 am	
		H ₂ O Aerobics - 6:00 - 7:00 pm	

TUESDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim - 10:45 am - 4:00 pm	3 lanes open - 5:30 - 8:00 am	Hydro Pump - 7:00 - 8:00 am	Swim Lessons - 9:30 - 10:45 am
Slide - 1:00 - 4:00 pm / 6:30 - 8:00 pm	3 lanes open - 10:00 am - 12:00 pm	H ₂ O Aerobics - 8:00 - 9:00 am	Masters Swim 12:00 - 1:00 pm
Open Swim - 6:30 - 8:30 pm	1 lane open - 4:00 - 6:30 pm	Low Impact - 9:00 - 10:00 am	Swim Lessons - 4:00 - 6:30 pm
Rope Swing - 7:00 - 8:00 pm	3 lanes open - 6:30 - 7:00 pm	Hydro Pump - 6:00 - 7:00 pm	

WEDNESDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim - 11:15 am - 8:30 pm	3 lanes open - 5:30 - 8:00 am	Hydro Pump - 7:00 - 8:00 am	Swim Lessons - 9:00 - 11:15 am
Slide - 1:00 - 8:00 pm	2 lanes open - 10:00 - 11:15 am	H ₂ O Aerobics - 8:00 - 9:00 am	Merit Badge - 7:00 - 8:30 pm * Second Wednesday of every month.
	3 lanes open - 11:15 am - 1:00 pm	Arthritis Foundation - 9:00 - 10:00 am	
	2 lanes open - 4:00 - 6:00 pm	Deep Water - 9:30 - 10:00 am	
	3 lanes open - 7:00 - 8:30 pm	Hydro Pump - 10:00 - 10:30 am	
		H ₂ O Aerobics - 6:00 - 7:00 pm	

THURSDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim - 10:45 am - 4:00 pm	3 lanes open - 5:30 - 8:00 am	Hydro Pump - 7:00 - 8:00 am	Swim Lessons - 9:30 - 10:45 am
Slide - 1:00 - 4:00 pm / 6:30 - 8:00 pm	3 lanes open - 10:00 am - 12:00 pm	H ₂ O Aerobics - 8:00 - 9:00 am	Masters Swim - 12:00 - 1:00 pm
Open Swim - 6:30 - 8:30 pm	1 lane open - 4:00 - 6:30 pm	Low Impact - 9:00 - 10:00 am	Swim Lessons - 4:00 - 6:30 pm
Rope Swing - 7:00 - 8:00 pm		Hydro Pump - 6:00 - 6:30 pm	
		Deep Water - 6:30 - 7:00 pm	

FRIDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim - 8:00 am - 6:00 pm	3 lanes open - 5:30 - 8:00 am	Hydro Pump - 7:00 - 8:00 am	
No Features - 9:00 - 10:00 am	3 lanes open - 10:00 am - 1:00 pm	H ₂ O Aerobics - 8:00 - 9:00 am	
Slide - 1:00 - 6:00 pm	2 lanes open - 4:00 - 6:30 pm	Arthritis Foundation - 9:00 - 10:00 am	
Rope Swing - 3:30 - 4:00 pm		Deep Water - 9:30 - 10:00 am	
		Hydro Pump - 10:00 - 10:30 am	

SATURDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim / Slide - 12:00 - 6:30 pm	3 lanes open - 8:00 - 9:00 am	Hydro Pump - 8:00 - 9:00 am	Masters Swim - 7:00 - 8:00 am
Rope Swing - 1:00 - 3:00 pm	1 lane open - 9:00 am - 12:00 pm		Swim Lessons - 9:00 am - 12:00 pm

SUNDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim / Slide - 10:00 am - 5:30 pm	3 lanes open - 8:00 - 10:00 am		
Rope Swing - 12:00 - 2:00 pm			

Swimming Lessons

SWIMMING LESSONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 months – 24 months)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 months - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 months - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:4 teacher to student ratio.

Preschool 1

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Prerequisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Prerequisite: Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

YOUTH AGES 6 - 16

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:6 teacher to student ratio.

Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Prerequisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Prerequisite: Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Prerequisite: Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.



ADULT - AGES 16+

Adult Swim Lessons

It is never too late to learn to swim or improve your skills! This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of the water, developing your strokes or even training you for triathlons.

Day: Monday

Dates: 6431.310 - August 27 - October 22 (No Class September 3)
6431.320 - October 29 - December 17

Time: 7:15 - 8:00 pm

Fee: R \$49 / NR \$59

Masters Swim Team

Masters Swim Team is designed for swimmers who have basic knowledge of the competitive strokes, but want to improve their competitive swimming skills. Swimmers will be working on all aspects of competitive stroke technique and drills, turns, and endurance. Masters Swim is offered Tuesdays, Thursdays and Saturdays. You are welcome to join us once, twice or three times a week. Prices vary depending on number of days you attend.

Day: Tuesday / Thursday / Saturday
September 4 - December 15

Dates: 6418.310 - R \$59 / NR \$69 - 1 x week
6418.321 - R \$109 / NR \$129 - 2 x week
6418.311 - R \$159 / NR \$189 - 3 x week

Time: 12:00 - 1:00 pm (Tuesday & Thursday)
7:00 - 8:00 am (Saturday)

Swimming Lessons (cont.)

MONDAY & WEDNESDAY AM					
September	August 27 - Septmber 19	4 Weeks	R \$35 / NR \$45		
October	Septmber 24 - October 17	4 Weeks	R \$35 / NR \$45		
November	October 22 - November 14	4 Weeks	R \$35 / NR \$45		
December	November 26 - December 19	4 Weeks	R \$35 / NR \$45		
CLASS	TIME	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
PARENT & CHILD C	9:00 am	6416.310	6416.320	6416.330	6416.340
PRESCHOOL 1	9:00 am	6410.310	6410.320	6410.330	6410.340
	10:10 am	6410.311	6410.321	6410.331	6410.341
PRESCHOOL 2	9:35 am	6411.310	6411.320	6411.330	6411.340
	10:45 am	6411.311	6411.321	6411.331	6411.341
PRESCHOOL 3	9:35 am	6412.310	6412.320	6412.330	6412.340
	10:10 am	6412.311	6412.321	6412.331	6412.341

TUESDAY & THURSDAY AM					
September	August 28 - September 20	4 Weeks	R \$35 / NR \$45		
October	Septmber 25 - October 18	4 Weeks	R \$35 / NR \$45		
November	October 23 - November 15	4 Weeks	R \$35 / NR \$45		
December	November 27 - December 20	4 Weeks	R \$35 / NR \$45		
CLASS	TIME	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
PRESCHOOL 1	9:30 am	6410.319	6410.329	6410.339	6410.349
	10:05 am	6410.010	6410.023	6410.030	6410.041
PRESCHOOL 2	9:30 am	6411.314	6411.324	6411.334	6411.344
	10:05 am	6412.314	6412.324	6412.334	6412.144

TUESDAY & THURSDAY PM					
September	August 28 - Septmber 20	4 Weeks	R \$35 / NR \$45		
October	Septmber 25 - October 18	4 Weeks	R \$35 / NR \$45		
November	October 23 - November 15	4 Weeks	R \$35 / NR \$45		
December	November 27 - December 20	4 Weeks	R \$35 / NR \$45		
CLASS	TIME	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
PARENT & CHILD C	5:10 pm	6416.311	6416.321	6416.331	6416.341
PRESCHOOL 1	4:00 pm	6410.312	6410.322	6410.332	6410.342
	4:35 pm	6410.318	6410.328	6410.338	6410.348
	5:45 pm	6410.313	6410.323	6410.333	6410.343
PRESCHOOL 2	4:00 pm	6411.312	6411.322	6411.332	6411.342
	5:10 pm	6411.313	6411.323	6411.333	6411.343
	5:45 pm	6412.312	6412.322	6412.332	6412.342
PRESCHOOL 3	4:35 pm	6412.312	6412.322	6412.332	6412.342
	5:45 pm	6412.313	6412.323	6412.333	6412.343
	5:45 pm	6412.313	6412.323	6412.333	6412.343
LEVEL 1	4:00 pm	6401.310	6401.320	6401.330	6401.340
LEVEL 2	4:35 pm	6402.310	6402.320	6402.330	6402.340
LEVEL 3	4:00 pm	6403.312	6403.322	6403.332	6403.342
	4:35 pm	6403.310	6403.320	6403.330	6403.340
LEVEL 4	5:10 pm	6404.310	6404.320	6404.330	6404.340
LEVEL 5	5:45 pm	6405.310	6405.320	6405.330	6405.340
STROKE CLINIC	5:45 pm	6408.310	6408.320	6408.330	6407.340

American Red Cross Lifeguard Training (ages 15+)

Courses provide a generalized view of lifeguarding skills and practices. CPR/AED/First Aid for the Professional Rescuer included. Swimming skills pretest involves: swimming 300 meter continuous swim - 100 meter front crawl, 100 meter breast stroke, 100 meter choice between front crawl or breast stroke; swim 20 meters - dive down 10ft and retrieve a diving brick and swim back. Registration ends one week prior to start of class.

Dates: 6450.310 - November 17, 18, 19, 20
6450.320 - December 15, 16, 22, 23
Time: 9:00 am - 5:00 pm
Fee: R \$119 / NR \$149

American Red Cross Water Safety Instructor Training

Prerequisite: 16 years old on or before the last day of class, proficient front crawl, back crawl, breaststroke, sidestroke, elementary backstroke and butterfly. Learn the techniques and skills necessary to be an American Red Cross swim instructor. FIT certification is included with this class. You must bring proof of age to the first class.

Day: Tuesday, Thursday, Sunday
Dates: 6461.320 - December 2, 4, 6, 9, 11, 13, 16
Time: 9:00 am - 5:00 pm (Sunday)
4:30 - 8:30 pm (Tuesday, Thursday)
Fee: R \$130 / NR \$160



Swimming Lessons (cont.)

SATURDAY AM			
September	September 8 - October 20	7 Weeks	R \$35 / NR \$45
November	October 27 - December 15	7 Weeks	R \$35 / NR \$45
CLASS	TIME	SEPTEMBER	NOVEMBER
PARENT & CHILD 1	9:35 am	6414.312	6414.322
PARENT & CHILD 2	10:10 am	6415.313	6415.323
PRESCHOOL 1	9:00 am	6410.314	6410.324
	10:10 am	6410.315	6410.325
	10:45 am	6410.316	6410.326
	11:20 am	6410.317	6410.327
PRESCHOOL 2	9:00 am	6411.316	6411.326
	9:35 am	6411.317	6411.327
	10:10 am	6411.318	6411.328
	11:20 am	6411.319	6411.329
PRESCHOOL 3	9:00 am	6412.316	3412.326
	10:45 am	6412317	6412.327
LEVEL 1	9:00 am	6401.311	6401.321
LEVEL 2	9:35 am	6402.311	6402.321
	10:45 am	6402.312	6402.322
LEVEL 3	9:35 am	6403.311	6403.321
LEVEL 4	10:10 am	6404.311	6404.321
LEVEL 5	10:45 am	6405.311	6405.321
STROKE CLINIC	11:20 am	6408.311	6408.321

In an effort to better place your child into their appropriate level, registration dates are as follows:

	Resident	Non-Resident
SEPTEMBER SESSION		
Monday & Wednesday AM	July 28	August 4
Tuesday & Thursday AM		
Tuesday & Thursday PM		
Saturday AM		
OCTOBER SESSION		
Monday & Wednesday AM	September 15	September 17
Tuesday & Thursday AM		
Tuesday & Thursday PM		
NOVEMBER SESSION		
Monday & Wednesday AM	October 13	October 15
Tuesday & Thursday AM		
Tuesday & Thursday PM		
Saturday AM		
DECEMBER SESSION		
Monday & Wednesday AM	November 17	November 19
Tuesday & Thursday AM		
Tuesday & Thursday PM		

AQUATIC FITNESS CLASSES

H₂O Aerobics: Join us for a total body workout that will physically challenge you! You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

Hydro Pump: This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

Arthritis Foundation Water Exercise: Nearly 46 million Americans have been diagnosed with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

Low Impact/Low Intensity & Pre/Post Natal Class: Enjoy a fun relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization. Pre/Post natal participants need a doctor's release prior to participating in this class.

Hydro Pump/Deep Water Combo: This comprehensive workout will be in two parts. The first half hour you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles, and more to provide a challenging and exciting workout. The second half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone, and increase fat burning. Flotation devices (hand buoys, belts, and noodles) provide stability and flotation; however, you should feel comfortable in the deep water.



PRIVATE LESSONS

For private lessons please call
303.926.2567

1/2 Hour Lessons	R	NR
1-2 Private Lessons (per lesson)	\$19	\$25
3-6 Private Lessons (per lesson)	\$18	\$23

Climbing

Climbing Wall Schedule

September - December 2012 (subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open	Unsupervised Open Climb					Parent/Child* 8-8:45	Unsupervised Open Climb Open - 11
9:00 am						Parent/Child* 9-9:45	
10:00 am						Mini Climbers* 10-11	
11:00 am						Supervised Open Climb & Birthday Parties* 11-6	Supervised Open Climb & Birthday Parties* 11-6
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm	Lil Girls Rock* 4:30-5:30	Supervised Open Climb 4-7	Mini Climbers* 4:30-5:30	Supervised Open Climb 4-8:30		Unsupervised Open Climb 6-7	
5:00 pm							
6:00 pm	Rock Star & Youth Climb* 5:30-6:30	Climb On! 7-8:30	Girlz Rock* 5:30-6:30	Center Closed	Center Closed	Center Closed	
7:00 pm	Adult Intro* 6:30-8		Belay Cert. (See program guide for dates)				
8:00 pm							Unsupervised Open Climb 8-9

*Climbing classes or Party - depending on class size, wall may not be available for open climbing.

- Pass or daily admission required for all open climb times
- Supervised Open Climb - Wall is open to all users. All uncertified climbers must purchase a belay ride at Guest Service or have a valid annual pass
- Unsupervised Open Climb - Wall is open to ECC Certified climbers only, no staff available to belay

Belay Rides (ages 3+)

Come and enjoy the thrill of the pinnacle! Climbing wall attendants will belay climbers on the climbing wall. Equipment is included. Closed toe shoes are required. Free with annual pass. Please show pass to attendant.

Day: Available during supervised open climb

Fee: R \$2.50 / NR \$3 for 1 day of climbing
R \$10 / NR \$12.50 for a 5 day punch card

Climbing Wall Certification Test (ages 15+)

Climbing Wall Certification Tests are available during supervised open climb. Climbing certification will allow a guest to use the wall during supervised and unsupervised climbing wall hours.

Climb On!

Designated climb times for ECC certified climbers to network with other climbers. Climb On! will have staff available to belay.

Climbing Belay Certification (ages 15+)

This course will teach participants about proper belay techniques and commands. Participants must attend both classes. All participants who attend and pass the class will receive an ECC climbing certification card. This card will allow individuals to climb, belay and/or boulder during open climbing wall hours with a valid pass or daily admission.

Day: Wednesday
Dates: 8610.309 - September 12
8610.310 - October 24
8610.312 - December 19
Time: 6:30 - 8:30 pm
Fee: R \$45 / NR \$55



Climbing Belay Refresher (ages 15+)

This clinic will refresh climbers on proper belay techniques. Prior experience with belay technique or ECC climbing certification is required.

Day: Monday
Dates: 8611.310 - October 1
8611.311 - November 5
Time: 7:00 pm
Fee: R \$5 / NR \$9

CLIMBING PROGRAMS

Parent / Child Climb (ages 3-5)

An opportunity for parents to participate with their child in an introductory level rock climbing course. No experience needed. Climbing safety, commands, and techniques will be introduced. Parents will learn how to put on their child's harness, spot their child, as well as cheer on and support their child. Parents that are ECC belay certified climbers will be able to belay for their child. Parent attendance is mandatory for all classes. Closed toe shoes are required.

Day: Saturday
Dates: 8661.309 - September 15 - October 13
8661.311 - November 3 - December 8
Time: 8:00 - 8:45 am
Fee: R \$39 / NR \$49

Day: Saturday
Dates: 8660.309 - September 15 - October 13
8660.311 - November 3 - December 8
Time: 9:00 - 9:45 am
Fee: R \$39 / NR \$49

Mini Climbers (ages 6-9)

This is a great class for youngsters of all levels of climbing experience. Participants will learn teamwork, balance, coordination, commands, technique, and much more. Closed toe shoes are required.

Day: Saturday
Dates: 8632.309 - September 15 - October 13
8632.311 - November 3 - December 8
Time: 10:00 - 11:00 am
Fee: R \$45 / NR \$55

Day: Wednesday
Dates: 8630.309 - September 19 - October 17
8630.311 - November 7 - December 12
Time: 4:30 - 5:30 pm
Fee: R \$45 / NR \$55

Lil' Girls Rock (ages 6-9)

Little girls rock too! We introduce the sport of climbing from a girl's point of view. This is a beginner climbing class that will teach basic climbing movements, the figure eight knot, commands and ways to keep climbing safe. All topics are taught in a fun way just for girls! Closed toe shoes are required.

Day: Monday
Dates: 8631.309 - September 17 - October 15
8631.311 - November 5 - December 10
Time: 4:30 - 5:30 pm
Fee: R \$45 / NR \$55

Youth Climbers (ages 8-14)

Safety, technique development, and basic movements are the main focus of this class. Participants will be taught how to utilize their strength and balance while climbing. This class is perfect for those kids who have moved beyond Mini Climbers or Lil' Girls Rock, but are not ready for Rock Star Climbers. All skill levels welcome. Closed toe shoes are required.

Day: Monday
Dates: 8640.309 - September 17 - October 15
8640.311 - November 5 - December 10
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55



Rock Star Climbers (ages 8-14)

Advanced climbing movements and technique are developed in this class. This class is designed to be the next step up for those that have out grown the Mini and Youth Climbers classes. Closed toe shoes are required.

Day: Monday
Dates: 8643.309 - September 17 - October 15
8643.311 - November 5 - December 10
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55

Girls Rock (ages 8-14)

Girls rule in this class! This is a more advanced class than Lil' Girls Rock. The sport of climbing is taught from a female's point of view. Taught by an experienced female teacher, this class focuses on advanced movements, gear selection, as well as additional climbing techniques, all in a fun and supportive way. Closed toe shoes are required.

Day: Wednesday
Dates: 8644.309 - September 19 - October 17
8644.311 - November 7 - December 12
Time: 5:30 - 6:30 pm
Fee: R \$45 / NR \$55

Adult Intro to Climbing (ages 15+)

Participants will learn and practice basic climbing commands and movement. Participants will also learn how to belay and will become ECC belay certified through this course. General climbing equipment and its practical use will also be covered. Closed toe shoes are required.

Day: Monday
Dates: 8680.309 - September 17 - October 15
8680.311 - November 5 - December 10
Time: 6:30 - 8:00 pm
Fee: R \$55 / NR \$69

Adult Climbing Level 2: Transition to Outdoors (ages 15+)

This course will teach participants advanced climbing movements and techniques, and give participants plenty of practice to master the techniques. Other class topics also include: reducing environmental impact when climbing outdoors, as well as gear for outdoor climbing and its use. The purpose of the level 2 class will be to prepare participants to be able to climb outside with an experienced partner, or guide, who would be the lead climber. Participants must be proficient in top rope belay techniques. Closed toe shoes are required and climbing shoes are highly recommended.

Day: Wednesday
Dates: 8681.309 - September 19 - October 17
8681.311 - November 7 - December 12
Time: 6:30 - 8:00 pm
Fee: R \$55 / NR \$69

Fitness & Wellness

FITNESS CLASS DESCRIPTIONS

GROUP FITNESS

BODYCOMBAT®: An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines, such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYPUMP®: Hailed as the “Fastest Way in the Universe to Get in Shape.” This is a strength and endurance training class where muscles collide! Low on complexity but high in fun, BODYPUMP™ has all of the benefits of traditional weight training combined with time efficiency and predictability.

Arthritis Foundation Exercise Class: This class begins with gentle stretching and range of motion training, followed by balance work, light weight training, and strengthening exercises to increase bone density.

Barre Tone: An intense ballet barre & floor workout that will strengthen, lengthen & sculpt your legs, glutes & core muscles.

Boot Camp (Outdoor): Get into peak physical condition by integrating functional strength training, cardio intervals and core conditioning. A high energy class sure to get your heart pumping and your muscles working.

Cardio Circuit: A combination of step, kickboxing and stretching. The choreography is varied with aerobic moves and all over body strengthening exercises.

Core Strength: Build strength from the inside out with a total body strengthening workout focusing on the power house (core center). This class will help you build a strong foundation while incorporating a variety of full body exercises and functional movement patterns.

Express Core: A 30-minute class covering a variety of exercises aimed at strengthening the abdominal and lower back muscles.

Interval Training: A high energy, high intensity workout that combines cardio drills, strength training, balance, coordination and core into a workout your body will love. Class format varies week to week to keep you on your toes.

Mommy Intervals: Bring baby in his/her stroller and get a great workout with cardiovascular and strength intervals. Modifications will be made to accommodate all fitness levels. Infants ages 6 weeks to 9 months are welcome in a stroller (babies are not required).

Mommy Strength: A total body toning workout using weights, bands, balls and gliders with an emphasis on core strengthening.

Muscle Conditioning: Mix up your strength routine with this total body strength workout utilizing a variety of equipment and exercises to keep you challenged and motivated. Never the same workout twice.

Piloxing: A combined cardio workout which includes both Pilates and Boxing. The workout combines all the power moves of boxing for that intense cardio to burn calories, along with incorporating lots of Pilates movements to help tone and strengthen.

Power Step: A high energy class choreographed for the ultimate step workout. Previous step experience recommended.

Step Interval: This is a fun step class containing energetic intervals for more intensity.

Total Body Conditioning: A total body workout you won't soon forget! Start with 30-minutes on the bike, move to 30-minutes of non-choreographed strength and cardio drills. Top it off with a well deserved cool down and full body stretch.

Zumba®: A fusion of Latin and International dance music themes that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms.

Zumba Gold®: A series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba® program and bring them to the active older adult, the beginner participant, and other populations that may need modifications for success.

INDOOR CYCLING

Ride 60: Indoor cycling at its best! We will guide you through a creative and effective workout with coaching techniques to ensure you have a positive riding experience.

MIND BODY

All Levels Yoga: Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing the intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breath work will be included.

Gentle Yoga: Both beginning and experienced students will benefit from a focus on the fundamentals of form and alignment in basic poses. Participants will work on improving balance, building strength and increasing flexibility. Occasional intermediate poses will be introduced.

Nia®: Promotes strength and muscle definition through a fusion of martial arts, healing arts and dance. Its holistic approach unites the body and mind, and creates an exhilarating workout anyone can follow. All Nia® movements are adaptable and can be personalized for any level of fitness and agility.

Pilates: Is a rhythmic, focused exercise that connects one movement to the next, building greater endurance, flexibility, strength and performance.

Yoga: Yoga views health as a unity of body, mind and spirit and includes a wide variety of yoga postures, breathing exercises, relaxation and meditation techniques. A beginner/intermediate level class.

Yogalates: Blending the best of yoga and Pilates for one terrific workout!

SilverSneakers® FITNESS PROGRAMS

SilverSneakers® Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

Fitness & Wellness

PERSONAL TRAINING

Let a nationally certified personal trainer help you optimize your workout. Work one-on-one or bring a friend and we'll help you reach your fitness goals. You will learn various exercises that build strength and endurance, enhance body composition and improve overall cardiovascular fitness. Personal training sessions are made by appointment only. Please register in person at Guest Service.

PERSONAL TRAINING FEES (AGES 18+)

	Resident	Non-Resident
1 Session	\$39	\$49
3 Sessions	\$115	\$145
6 Sessions	\$209	\$259
12 Sessions	\$399	\$499

PARTNER TRAINING FEES (AGES 18+)

	Resident	Non-Resident
1 Session	\$49	\$59
3 Sessions	\$135	\$169
6 Sessions	\$245	\$305
12 Sessions	\$469	\$585

All packages are non-transferable and expire one year after date of purchase.

FITNESS EQUIPMENT ORIENTATIONS (AGES 15+)

Fitness equipment orientations are provided at no charge to pass holders and day users. Our fitness staff will provide an orientation and demonstration of the cardiovascular and Nautilus One™ weight machines. Orientations are 30 minutes.

Pass holders may schedule a separate orientation (at no charge) for the FitLinxx™ system – a computerized personal trainer. FitLinxx™ takes the guess work out of exercise by providing the user with access to their unique fitness program information. FitLinxx™ tracks aerobic workouts and provides workout summaries. Users can also access their personal FitLinxx™ information on the internet anytime. FitLinxx™ orientations are 30 minutes.

FitLinxx™ Incentive Program - FREE!

Be rewarded for working out and reaching your fitness goals! By becoming a member of FitLinxx™, the more you exercise the more FitPoints you earn, and the more prizes you can receive! For more information see a Fitness Attendant.

FITNESS ASSESSMENTS (AGES 18+)

Fitness Assessments include body composition measurement, cardiovascular, flexibility, strength tests, and consultation with a personal trainer. Assessments are one hour. Please visit Guest Service to schedule your assessment.

Fee: R \$35 / NR \$45

BODY FAT & LEAN BODY MASS TESTING (AGES 18+)

We offer body fat testing with the bioelectric impedance measurement system. This instrument measures your lean body mass to fat ratio. The test is quick, noninvasive and comprehensive. Please register in person at Guest Service.

Fee: R \$15 / NR \$19

YOUTH FITNESS EQUIPMENT POLICY (AGES 7-14)

To use track only: Ages 7-12 with adult supervision.

To use cardio equipment:

Ages 11-12 must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas with adult supervision.

Ages 13-14 must complete an orientation with a Fitness Attendant (parent/guardian must be present and sign waiver); then may use areas without adult supervision.

To use Nautilus One™ weight machines:

Ages 11-12 must complete a Youth Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines with adult supervision.

Ages 13-14 must complete a Fitness Equipment Certification (parent/guardian must sign waiver); then may use machines without adult supervision.

Youth Fitness Equipment Certification (ages 11-14)

Your child will meet with a personal trainer for two 1-hour sessions on his or her own to learn the fundamentals of weight training on the Nautilus One™ weight machines while focusing on safety and proper lifting technique. By appointment only - contact the Center for details.

Class	Resident	Non-Resident
Private (two 1-hour sessions)	\$49	\$59
Partner (2 children for two 1-hour sessions)	\$25 (per child)	\$29 (per child)



Fitness & Wellness (cont.)

PILATES REFORMER

Pilates Reformer Session (ages 18+)

The Pilates Reformer safely and effectively improves strength, flexibility and balance by developing long, lean muscles. Pilates Reformer training can also restore postural alignment, increase joint range of motion and correct over-training of muscle groups. Sessions are by appointment only. Please register in person at Guest Service.

	Resident	Non-Resident
1 Session	\$39	\$49
3 Sessions	\$105	\$129
6 Sessions	\$185	\$229
12 Sessions	\$299	\$375



Restorative Yoga (ages 18+)

Life becomes quite stressful when we feel pulled in so many directions. Making quality time for ourselves to relax and restore our sense of inner balance, peace and harmony is essential to our well being. Restorative yoga is specifically designed to bring your body and mind into this harmonious state of balance. The body is supported by yoga props (straps, blocks and blankets) allowing the body to completely let go, relax and release muscle tension and built up toxins. The mind is quieted as we focus our breath. Some gentle movements will allow for deeper relaxation in supported poses. Conditions such as insomnia, chronic pain, migraines and depression are often mitigated by regular restorative practice.

ADULT SESSION BASED PROGRAMS

Wise & Well (ages 18+)

This is a ten week, 20 session all-encompassing program which will include yoga, pilates, weight training, meditation techniques and overall fitness awareness for the beginning health seeker. Individuals will be introduced to a variety of exercise class formats and familiarized with weight training exercises. The goal is to create a life long habit of health through proper instruction and camaraderie.

Day: Monday & Wednesday
Dates: 7576.126 - Septemeber 10 - November 14
Time: 5:30 - 6:45 pm
Fee: R \$129 / NR \$165

Day: Fridays
Dates: 7576.130 - October 5 - November 9
Time: 12:30 - 1:30 pm
Fee: R \$65 / NR \$85

Men's Health Group (ages 18+)

The Men's Health group is a three month program focused on supporting participants to make smart and effective dietary and lifestyle changes to achieve optimal health. Mike Lamitola, a Certified Health and Nutrition Coach, leads this program and has created it specifically for men. Over the course of the three months, participants will learn how to increase energy, reduce and manage stress and achieve and maintain a healthy weight. The program will also explore some of the more common dietary theories and why they work for some of us and not others. Each individual will be able to evaluate their own specific needs and goals and will learn how to make sustainable changes in order to reach them. This will be an interactive group that can lend its members the benefits of a personal support system, collective knowledge from different experiences, new perspectives and an entire team invested in each other's success.

Day: Every other Tuesday
Dates: 7576.139 - Septemeber 18 - November 27
Time: 5:30 - 6:30 pm
Fee: R \$179 / NR \$225



Are You Stressing Yourself Out (ages 15+)

Learn about effective ways to manage stress without medication. How much stress is too much stress? How does your body perceive stress? Can you trick your body into not being stressed? Does stress effect your health? Come get answers to these and many other questions on stress. Seminar hosted by Lisa Brone - board certified in family medicine and sports medicine.

Day: Tuesday, October 18
Time: 5:30 - 6:45 pm
Fee: FREE!



Zumba Party (ages 13+)

Are you looking for a real dance party? Well get ready because the Erie Community Center is hosting its first ever Zumba Party! Whether you're a frequent Zumba participant, or just looking for something new, this is the party for you! This is a one time, extended Zumba class that you won't want to miss! Ditch the workout, join the party!

Date: 7576.135 - Friday, November 9
Time: 5:30 - 7:00 pm
Fee: R \$5 / NR \$7

COMING IN SEPTEMBER!



Born in the Navy SEALs, TRX® Suspension Training® bodyweight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. Regardless of your age, if you

are out of shape or a pro athlete, injured or at the top of your game, TRX Suspension Training meets you where you are and takes you where you want to go.



General Interest



“Village” (Newborn - 18 mos)

Bond with your baby, and connect with mommies just like you! In this 7-week class for lap babies, crawlers and new walkers, our developmentally-based activities include: singing, listening, instrument play, literature and creative movement. Walkers belong in this class up until the 18-20 month toddler age of running and using 20 words. Tuition is due at time of registration. An additional \$35 materials fee per session is due to the instructor by check or cash on first day.

Session I is “Zoom Buggy” - Go riding in the baby buggy, lead the little red caboose, pretend your red wagon is a fire truck, swoosh to the sounds of the canoe, and zoom with the rocket ship! At home materials include board book, CD, nursery murals, and 2 shape-shaker instruments.

Day: Tuesday
Dates: 3215.309 - September 4 - October 16
Time: 10:30 - 11:15 am
Fee: R \$55 / NR \$66



Session II is “Dream Pillow” A parent’s perfect music companion for a calming effect at naptime and nighttime - plus upbeat “I Love You” songs! At home materials include CD, nursery murals, fish baby shaker instrument, and the most beautiful picture book of all the Kindermusik curricula. No class on November 6 and 20.

Day: Tuesday
Dates: 3215.310 - October 23 - December 18
Time: 10:30 - 11:15 am
Fee: R \$55 / NR \$66

“Our Time” (ages 18 mos - 3)

For busy parents trying to bond with their even busier tots! You’ll cherish “Our Time” to sing, listen, explore instruments, enjoy literature and discover movement - together! Tuition is due at the time of registration. This session’s theme is “Milk & Cookies” - This 15-week unit caters to the toddler who loves to help out at home. We will add musical enjoyment to cooking, dusting and even doing laundry! Using familiar songs and some new ones, we will pretend to bake cookies, eat cupcakes, blow on hot cross buns, wiggle like jelly, make tea and go grocery shopping. At home materials include 2 CDs, 2 books, activity workbook, and Kindermusik’s exclusive “stirring xylophone”. An additional \$55 materials fee is due to the instructor by check or cash on the first day. No class on November 6 and 20.

Day: Tuesday
Dates: 3216.309 - September 4 - December 18
Time: 9:30 - 10:15 am
Fee: R \$145 / NR \$179



For A Child's Brain, Body, Heart & Soul.

“Family Time” (Newborn - 6)

An affordable option for parents enrolling 2 children, Family Time is a one-room-schoolhouse approach. From babies to toddlers to preschoolers to school-aged children, older children show the younger ones how it’s done as we sing, listen, explore instruments, enjoy literature and discover movement. This 10-week session’s theme is “Our Kind of Day” - Music time isn’t just for music class, it’s all day long! Build family bonds as we discover opportunities for musical play time, meal time, clean-up time, bath time, and night time - together! At home materials include 2 CDs, 2 books, a multi-age home activity guide, a domino game, and 2 double-egg-shaker instruments. An additional \$55 materials fee, per family, is due to the instructor by check or cash on the first day.

Day: Wednesday
Dates: 3213.309 - September 12 - November 14
Time: 10:15 - 11:00 am
Fee: R \$109 / NR \$135 - Sibling R \$75 / NR \$95



“Play Date” (Newborn - 7)

For babies, toddlers, preschoolers, and school-age children with a parent or caregiver, this one-time class provides you the opportunity to see what Kindermusik is all about. Join us for “It’s Cold Outside!” - a Kindermusik playdate. Let’s wobble-wobble like penguins, put out our polar bear paws, play along with the jingle bell symphony, listen to the falling snowflakes, and jam along with African Noel. You’ll even take home a CD and instrument to enjoy for the holidays!

Day: Wednesday
Dates: 3212.312 - December 5
3214.312 - December 19
Time: 10:15 - 11:00 am
Fee: R \$19 / NR \$25 - Sibling R \$9 / NR \$15



AMERICAN RED CROSS TRAINING CLASSES

American Red Cross - Babysitter’s Training (ages 11-15)

The American Red Cross Babysitter’s Training course provides individuals, ages 11-15, with the information and skills necessary to provide safe and responsible care for children; in the absence of parents or guardians. Please bring a pen/pencil and a sack lunch.

Day: Saturday
Time: 9:00 am - 4:00 pm
Dates: 3250.309 - September 29
3250.311 - November 10
3251.312 - December 8
Fee: R \$75 / NR \$95

American Red Cross - CPR/AED/First Aid Training (ages 12+)

This American Red Cross course covers Adult, Child, and Infant CPR and Adult and child AED. Standard first aid is also covered. Upon completion of the class, participants will receive American Red Cross certificates good for two years. Please bring a pen/pencil and a sack lunch.

Day: Saturday
Time: 9:00 am - 4:00 pm
Dates: 4250.309 - September 22
4250.310 - October 20
4250.312 - December 1
Fee: R \$75 / NR \$95

General Interest (cont.)

KARATE

Uechi Ryu is an Okinawan martial art that consists of both Chinese Kung Fu and Okinawan Karate. Uechi Ryu Kokusai Karate Do teaches students how to fight in close combat, utilizing fast kicks and punches, throwing, and joint locks while using the body's "center" in order to optimize the amount of power. For more information visit www.bennettskarate.com.

Kids' Karate (ages 4-6)

In this class participants concentrate on karate basics through fun drills that develop coordination, discipline and exercise the body. Students will also learn to count from 1-10 in Japanese as well as learn basic Japanese phrases used in the dojo. This program has its own ranking system and its purpose is to prepare younger students for the beginner or intermediate classes.

Day:	Saturday
Dates:	3291.309 - September 1 - September 22 3291.310 - September 29 - October 27 3291.311 - November 3 - November 24 3291.312 - December 1 - December 15
Time:	11:30 am - 12:00 pm
Dates:	3292.309 - September 1 - September 22 3292.310 - September 29 - October 27 3292.311 - November 3 - November 24 3292.312 - December 1 - December 15
Time:	12:00 - 12:30 pm
Fee:	R \$35 / NR \$45 - Sibling Fee \$30

Beginner Karate (ages 7+)

This class is for youth aged students who are new to karate or have just graduated from kids' karate. Please note that this class is combined with the intermediate class.

Day:	Monday & Thursday
Dates:	3290.309 - September 6 - October 4 3290.310 - October 1 - October 25 3290.311 - October 29 - November 26 3290.312 - November 29 - December 27
Time:	5:30 - 6:15 pm
Fee:	R \$45 / NR \$ 55 - Sibling Fee \$39

Intermediate Karate (ages 7+)

This class is for those students who are yellow belts (ready to test) and higher, or beginner adult students.

Day:	Monday & Thursday
Dates:	4290.309 - September 6 - October 4 4290.310 - October 1 - October 25 4290.311 - October 29 - November 26 4290.312 - November 29 - December 27
Time:	5:45 - 6:45 pm
Fee:	R \$45 / NR \$ 55 - Sibling Fee \$39

Advanced Karate (ages 7+)

This class is for those students who are brown belts (ready to test) or higher.

Day:	Monday & Thursday
Dates:	4291.309 - September 6 - September 27 4291.310 - October 1 - October 29 4291.311 - November 1 - November 29 4291.312 - December 3 - December 27
Time:	5:30 - 6:45 pm
Fee:	R \$45 / NR \$55 - Sibling Fee \$39

Beginner Aikido (ages 7+)

Aikido classes are held at the Bennett's Karate dojo, located at 515 Briggs Street. Aikido is a Japanese Martial art developed by Morihei Ueshiba in the 1920's and 1930's. It is used to defend and disarm while also protecting the attacker from serious injury. Joint locking techniques and throwing motions are performed in a way as to blend with the attacker and re-direct the force rather than opposing it. Students will also learn various ground locking positions, how to fall properly, as well as, how to take down an opponent. This is a traditional martial art and will require students to learn and understand Japanese terminology. The use of white karate-style uniforms and hakama is required.

Day:	Tuesday & Saturday
Dates:	4292.309 - September 4 - September 29 4292.310 - October 2 - October 30 4292.311 - November 3 - November 27 4292.312 - December 1 - December 29
Time:	5:30 - 6:15 pm (Tuesday) & 1:45 - 2:30 pm (Saturday)
Fee:	R \$45 / NR \$ 55 - Sibling Fee \$39

ADULT DANCE

CASABLANCA DANCE

Beginner Ballroom (ages 18+)

You will glide through the Waltz, Fox Trot and sultry Tango. You will learn to lead your partner through a variety of steps and turns. This class will help you develop a good foundation of dancing - perfect for weddings, social events or a night out. Each class will include a review of steps previously learned, an introduction to new steps and practice time. Couples need to register together to receive the couples' rate.

Day:	Thursday
Dates:	4271.309 - September 27 - October 25
Time:	7:00 - 8:00 pm
Fee:	R \$89 / NR \$109

Swing (ages 18+)

Learn to swing dance! Try this popular dance that is fun and easy to learn. This class will get you moving. A fantastic dance to learn for weddings and nights out on the town. This class will cover single time Swing steps, along with common turns. Please note this is an hour long class. Couples need to register together to receive the couples' rate.

Day:	Thursday
Dates:	4274.309 - September 27 - October 25
Time:	8:00 - 9:00 pm
Fee:	R \$89 / NR \$109



General Interest (cont.)

Salsa (ages 18+)

A lively Latin dance that is fun and easy to learn. This class will give people a great experience of the Latin culture as well as a fantastic workout through the energizing rhythms of Salsa. Please note this is an hour long class. Couples need to register together to receive the couples' rate.

Day: Tuesday
Date: 4273.311 - September 25 - October 23
Time: 8:00 - 9:00 pm
Fee: R \$89 / NR \$109

Intermediate Ballroom (ages 18+)

The next level of ballroom where participants will learn additional steps, turns, and combinations. This class will cover the Waltz, Foxtrot and Tango. Each class session will include a review of steps previously learned, an introduction to new steps, and practice time. Couples need to register together to receive the couples' rate.

Day: Thursday
Date: 4272.311 - November 1 - December 6
Time: 7:00 - 8:00 pm
Fee: R \$89 / NR \$109

Intermediate Swing (ages 18+)

This is a second level class for Swing. Students interested in this class must have taken a beginner level Swing class. Additional steps and turns will be introduced. Get ready for a fast paced class. Couples need to register together to receive the couples' rate.

Day: Thursday
Dates: 4270.311 - November 1 - December 6
Time: 8:00 - 9:00 pm
Fee: R \$89 / NR \$109

ARTS AND CRAFTS

HARMONY'S A.C.T.



Harmony's A.C.T. ~ Art of Preschool (ages 2-5)

This 6-week art class is designed for your little artist to explore all different types of art medium. Each week children will make three art projects around a story that is read in class. This is a drop-off class. Come play, sing, read stories, and create art!

Day: Monday
Dates: 3307.309 - September 10 - October 15
3307.311 - October 29 - December 10
Time: 10:00 - 11:15 am
Fee: R \$95 / NR \$119

Harmony's A.C.T. ~ Messy Mondays, Parent & Tot Art (ages 1 1/2 - 4)

This 6-week class is designed for you and your child to create art by making a mess and exploring a large range of art materials. We will be making three projects each class. Materials are non-toxic and earth friendly. We do use food in this class so please let the instructor know of any allergies.

Day: Monday
Dates: 3306.309 - September 10 - October 15
3306.311 - October 29 - December 10
Time: 9:00 - 9:45 am
Fee: R \$69 / NR \$85



Harmony's A.C.T. ~ Transportation Zoom Art! (ages 3 1/2 - 6)

Planes, trains and automobiles! Participants will create three great art projects each class, all having to do with ways we can get around. This is a great class to explore and get messy in. Snack provided.

Day: Friday
Dates: 3308.311 - October 19 - November 9
Time: 9:15 am - 12:00 pm
Fee: R \$129 / NR \$159

Harmony's A.C.T. ~ Parent & Tot Art (ages 1-3)

This is a great class to get in some bonding time with your child as you explore your creative sides together. There will be four stations set up that you can wander through at your own pace. There will be art, music, small motor, and food/snack stations for your child to enjoy!

Day: Saturday
Dates: 3309.310 - October 19 - November 13
Time: 10:00 - 11:00 am
Fee: R \$15 / NR \$19

Harmony's A.C.T. ~ Lego Star Wars Camp (ages 3-6)

Participants will be making their favorite Lego Star Wars action figure out of clay. Additionally, participants will make a Lego spaceship, light sabers, and a droid battle scene. The class also includes free time to build with Lego. Snack provided.

Day: Monday
Dates: 3311.311 - November 12
Time: 9:15 am - 12:00 pm
Fee: R \$35 / NR \$45

Harmony's A.C.T. ~ Little Elf (ages 2-6)

This is a drop off class for those little elves to make gifts for their loved ones. Make and wrap three different gifts each class. Sign up for one or both Fridays. Participants will also make a snack to eat in class.

Day: Friday
Dates: 3312.311 - November 30
3312.312 - December 7
Time: 9:00 - 11:00 am
Fee: R \$25 / NR \$29

General Interest (cont.)

GYMNASTICS

An annual \$10 registration fee will be collected by the instructor on the first day of class. All classes meet in the south gym. Please bring cash or check only. This is a parent drop-off program. Parent visitation day is the last day of the program.

*Fee: R \$65 / NR \$79
**Fee: R \$75 / NR \$89
***Fee: R \$85 / NR \$105

Super Bus Gymnastics Gym Tots (ages 2½ - 3)

The Gym Tots class focuses on a combination of basic motor movements, body positions, coordination, balance, and the introduction of beginner gymnastics skills. The class will help start your child's foundation for all athletic development and help them develop listening skills, comfort in a social setting and following instructions. Children develop their skills through work on balance beams, bars, rings, trampolines and tumbling mats. All skills and equipment are scaled down to accommodate each child's size and level of ability. Classes will be held on the Super Bus and inside the Center's gymnasium.

Day: Wednesday
Dates: 3273.309 - September 5 - October 24***
3273.311 - October 31 - December 12*

Day: Thursday
Dates: 3210.309 - September 6 - October 25**
3210.311 - November 1 - December 13*

Day: Friday
Dates: 3278.309 - September 7 - October 26**
3278.311 - November 2 - December 14*

Time: 9:15 - 10:00 am

Super Bus Gymnastics Tiny Tumblers (ages 2½ - 5)

The Tiny Tumblers class is the next step up for those who have out grown the Gym Tots level. A great class for families! This class focuses on basic motor movements, body positions, coordination, balance, and gymnastics skills but teaches at a slightly higher level. This class is good for children with some gymnastics experience or at least developed motor skills. Children develop their skills through work on balance beams, bars, rings, trampolines and tumbling mats. All skills and equipment are scaled down to accommodate each child's size and level of ability. Classes will be held on the Super Bus and inside the Center's gymnasium.

Day: Tuesday
Dates: 3270.309 - September 4 - October 23***
3270.311 - October 30 - December 11*

Day: Thursday
Dates: 3276.309 - September 6 - October 25**
3276.311 - November 1 - December 13*

Time: 3:00 - 3:45 pm



Super Bus Gymnastics Tumblers (ages 3 - 5)

This class builds on skills previously learned in Gym Tots and takes your gymnast to a higher level. More complex skills and combinations are taught with a focus on more attention to detail. Students improve their strength, coordination, flexibility, and self confidence while enjoying a fun and challenging approach to learning. Classes will be held both on the Super Bus and inside the Center's gymnasium. This is a parent drop off program.

Day: Wednesday - 10:15 - 11:00 am
Dates: 3274.309 - September 5 - October 24***
3274.311 - October 31 - December 12*

Day: Thursday - 10:15 - 11:00 am
Dates: 3211.309 - September 6 - October 25**
3211.311 - November 1 - December 13*

Day: Friday - 10:15 - 11:00 am
Dates: 3279.309 - September 7 - October 26**
3279.311 - November 2 - December 14*

Day: Wednesday - 11:15 am - 12:00 pm
Dates: 3275.309 - September 5 - October 24***
3275.311 - October 31 - December 12*

Day: Thursday - 11:15 am - 12:00 pm
Dates: 3212.309 - September 6 - October 25**
3212.311 - November 1 - December 13*

Day: Friday - 11:15 am - 12:00 pm
Dates: 3280.309 - September 7 - October 26**
3280.311 - November 2 - December 14

Super Bus Gymnastics Beginner Gymnastics (ages 6-9)

Gymnasts at this level will continue to build their skills in all areas of the sport. This is a supportive, non-competitive program. The goal of this program is to have fun with your gymnastics friends while improving trampoline skills, coordination, strength, flexibility, and spatial awareness. Skills will be developed through use of equipment in the Super Bus and in the Center's gymnasium. Activities will be emphasized by a fun learning environment. These classes are a great continuation of our preschool program. Prior gymnastics experience is recommended for the Thursday class.

Day: Tuesday
Dates: 3271.309 - September 4 - October 23***
3271.311 - October 30 - December 11**

Day: Thursday
Dates: 3277.309 - September 6 - October 25***
3277.311 - November 1 - December 13**

Time: 4:00 - 4:45 pm

YOUTH DANCE

LA BELLA BALLERINA DANCE ACADEMY

Jump N' Jive Show Choir (ages 6-13)

Like to sing and dance? Interested in competing in talent shows? Want to learn how to improve your performance abilities and stage presence? This class will teach boys and girls how to become better on stage performers. Let your child develop their self-confidence through this fun class. Class participants will perform in a holiday show. Performance t-shirt included.

Day: Tuesday
Dates: 3268.209 - September 4 - December 4
Time: 6:00 - 7:30 pm
Fee: R \$169 / NR \$209

General Interest (cont.)

Hop, Skip, and Jump For Boys (ages 3-5)

A class for boys to help them with their coordination. Learn basic steps to develop quickness and jumping ability. The use of obstacle courses and stretching will facilitate their learning.

Day: Thursday
Dates: 3288.207 - September 6 - December 6
Time: 11:30 am - 12:15 pm
Fee: R \$139 / NR \$175

Creative Movement (ages 2 1/2 - 3)

A coordination class for the little dancer who wants to get a taste of what dance is all about. Basic dance moves, steps and concepts are explored.

Day: Wednesday
Dates: 3281.309 - September 5 - December 5
Time: 11:30 am - 12:00 pm
Fee: R \$139 / NR \$175

Creative Movement - Pre-Ballet/Tap (age 3)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet.

Day: Wednesday
Dates: 3282.309 - September 5 - December 5
Time: 10:00 - 10:45 am

Day: Thursday
Dates: 3284.309 - September 6 - December 6
Time: 10:00 - 10:45 am

Day: Saturday
Dates: 3288.309 - September 8 - December 8
Time: 10:00 - 10:45 am

Fee: R \$139 / NR \$175

Creative Movement - Pre-Ballet/Tap (age 4)

The pre-ballet and tap dancer learns coordination steps such as skipping and hopping. Basic ballet steps will also be taught. The tap portion of the class focuses on steps and exercises to help the dancer become quicker on their feet.

Day: Wednesday
Dates: 3283.309 - September 5 - December 5
Time: 10:45 - 11:30 am

Day: Thursday
Dates: 3285.309 - September 6 - December 6
Time: 10:45 - 11:30 am

Day: Saturday
Dates: 3289.309 - September 8 - December 8
Time: 10:45 - 11:30 am

Fee: R \$139 / NR \$175

Beginner Ballet & Tap (ages 5-8)

For the dancer whom has had very minimal dance experience; less than 2 years.

Day: Monday
Dates: 3263.309 - September 10 - December 10
Time: 4:00 - 5:00 pm
Fee: R \$149 / NR \$185

Beginner Ballet/Jazz (ages 5-8)

For the dancer whom has had very minimal dance experience; less than 2 years.

Day: Wednesday
Dates: 3269.309 - September 5 - December 5
Time: 4:00 - 5:00 pm
Fee: R \$149 / NR \$185

Beginner & Intermediate Ballet/Jazz (ages 6-10)

For the dancer whom has had at least 2 years of dance experience.

Day: Saturday
Dates: 3267.309 - September 8 - December 8
Time: 9:00 - 10:00 am
Fee: R \$149 / NR \$185

Intermediate Ballet/Tap (ages 7-12)

For the dancer whom has at least 2 years dance experience.

Day: Tuesday
Dates: 6264.309 - September 4 - December 4
Time: 4:00 - 5:00 pm
Fee: R \$149 / NR \$185

Intermediate Ballet/Jazz (ages 7-12)

For the dancer whom has had at least 2 years dance experience.

Day: Thursday
Dates: 6266.309 - September 6 - December 6
Time: 4:00 - 5:00 pm
Fee: R \$149 / NR \$185

Hip Hop (ages 6-13)

Boys and girls are encouraged to sign up for this beginner and intermediate level hip hop class. Come prepared to really move! Please wear loose clothes and tennis shoes.

Day: Wednesday
Dates: 3265.309 - September 5 - December 5
Time: 5:00 - 6:00 pm
Fee: R \$149 / NR \$185

Beginner Ballroom Dance for Kids (ages 6-10)

Each group will learn the basic steps for Waltz, Swing, Cha Cha, Foxtrot and Samba. Partners are encouraged but not required. Discounts available if you sign up with a partner. Please wear stretchy pants and shirts, and dress shoes (no jeans or tennis shoes).

Day: Tuesday
Dates: 3258.309 - September 4 - December 4
Time: 5:00 - 6:00 pm
Fee: R \$149 / NR \$185 - per person
R \$249 / NR \$309 - per couple

Intermediate Ballroom Dance for Kids (ages 8-14)

Each group will learn more advanced steps for Waltz, Swing, Cha Cha, Foxtrot, Samba and others. Partners are encouraged but not required. Discounts available if you sign up with a partner. Please wear stretchy pants and shirts, and dress shoes (no jeans or tennis shoes).

Day: Wednesday
Dates: 3287.309 - September 5 - December 5
Time: 6:00 - 7:00 pm
Fee: R \$149 / NR \$185 - per person
R \$249 / NR \$309 - per couple

General Interest (cont.)

SEWING

Beginner Sewing for Youth (ages 9-15)

The beginner sewing course teaches kids the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Students will complete a class project using these skills. Sewing machines are provided but students are welcome to bring their own. This session's project is a pieced pillow case. A \$5 materials fee is due to the instructor on the first day.

Day: Wednesday
Dates: 3236.309 - September 12 - October 17
3236.311 - November 7 - December 12
Time: 4:30 - 6:00 pm
Fee: R \$45 / NR \$55

Intermediate Sewing for Youth (ages 9-15)

The beginner sewing course teaches kids the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Students will complete a class project using these skills. Sewing machines are provided but students are welcome to bring their own. This session's project is a pieced pillow case. A \$5 materials fee is due to the instructor on the first day.

Day: Tuesday
Dates: 3237.309 - September 11 - October 16
3237.311 - November 6 - December 11
Time: 4:30 - 6:00 pm
Fee: R \$45 / NR \$55

Beginner Sewing for Adults (ages 16+)

The beginner sewing course teaches participants the lifelong skill of sewing. Students will complete a five week session which will teach the basics in sewing terminology, techniques and the operation of a sewing machine. Students will complete a class project using these skills. Sewing machines are provided but students are welcome to bring their own. Students will be required to get their own materials for the project of their choosing.

Day: Tuesday
Dates: 4236.309 - September 11 - October 16
4236.311 - November 6 - December 11
Time: 6:00 - 7:30 pm
Fee: R \$45 / NR \$55

DAVIES CREATIVE PHOTOGRAPHY WORKSHOPS



Introduction to Digital Photography (ages 14+)

The perfect beginner's class, this workshop will help you understand the basics of digital photography and will have a huge impact on the quality of the pictures you take. We will cover in detail the fundamentals of photography as well as understanding the settings and options on your camera. In two hours we will remove the mystery from photography and get you creating better images. It's also a great class for intermediate shooters who have some experience under their belt. By going back to the fundamentals and understanding them well, you can take your photography to the next level. Bring your camera and camera manual.

Dates: 3261.309 - Wednesday, September 19 6:30 - 8:30 pm
3261.310 - Saturday, October 13 1:00 - 3:30 pm
3261.311 - Thursday, November 15 6:30 - 8:30 pm
3261.312 - Tuesday, December 11 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Understanding Your Digital Camera (ages 14+)

In this beginner class, we will explore the function of digital cameras from top to bottom. No more confusing manuals written by engineers for engineers! Just plain English of what the features of your camera are and how to use them. This workshop will also cover some of the fundamentals of photography so that you understand the how and why of each set of choices, and when to choose one over the other. Bring your camera and camera manual.

Date: 3260.309 - Thursday, September 13 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Photographing Sports (ages 14+)

Erie has a variety of great sports programs. There's a good chance someone you know is playing in one of them. In this hands-on workshop you will learn how to take great sports photos as we teach on the sidelines of games being played here in Erie. While you might not wind up on the cover of Sports Illustrated, after just a few hours the quality of your sports photography will grow dramatically. We'll cover equipment and techniques right there at the game with your own camera.

Date: 3262.309 - Saturday, September 22 9:00 am - 12:00 pm
Fee: R \$59 / NR \$69

Take Better Photos of Your Kids (ages 14+)

Learn how to photograph your children and love it! Are you sick of taking sub-par pictures of your children? Are your photo albums and scrapbooks full of pictures with red eye, shadows masking their faces, and rarely looking at the camera? If so, we have good news for you! This two-hour class with Davies Creative Photography's Matthew Davies will teach you all you need to know to capture amazing images of your children. Bring a photo of your child to enter to win a complimentary portrait session and wall portrait from Davies Creative Photography! Bring your camera and camera manual.

Date: 3263.310 - Thursday, October 18 6:30 - 8:30 pm
Date: 3263.312 - Saturday, December 11 11:00 - 3:00 pm
Fee: R \$45 / NR \$55

Introduction to Lightroom by Adobe (ages 14+)

This is an introduction to the powerful image library and editing package from Adobe. You can bring your own computer or follow along on the big screen as we go step by step at a high level on how the software works. We'll work on the same files together as we go through the different sections of Lightroom and how it works. Various topics of the technical aspects of digital editing will be covered. If you don't own Lightroom, you can download a free 30-day trial.

Date: 3265.310 - Wednesday, October 24 6:30 - 8:30 pm
Fee: R \$45 / NR \$55

Lighting the Portrait - Intermediate (ages 14+)

Whether you shoot on location, in a home studio, or in a retail studio, this workshop is a great place to learn how to light a portrait using flash and strobe. You will work hands on with the lighting, the modifiers and work with a model to achieve images you not only created, but designed yourself. You'll learn how to light a studio portrait using speedlights/strobes as well as reflectors and other modifiers. We will expand upon the use of light modifiers and their role in getting very specific lighting results. Bring your DSLR camera and your camera manual. Optional: speedlights, tripod. This is an intermediate level class.

Date: 3266.311 - Saturday, November 10 1:00 - 5:00 pm
Fee: R \$79 / NR \$95

No School Days



Join us for a day of climbing, gym games, swimming and arts and crafts while you have a day off from school! Bring a bathing suit and towel, a sack lunch and two snacks. There will be before and after care available for this program. Before care is from 8:00 - 9:00 am, and after care is available from 5:00 - 6:00 pm. Camp Erie is a state licensed childcare program. Ages 6-12.

DAY	DATE	TIME	FEE
Friday	3801.310 - October 12	9:00 am - 5:00 pm	R \$29 / NR \$35
Friday	3801.311 - November 16	9:00 am - 5:00 pm	R \$29 / NR \$35
Monday	3802.311 - November 19	9:00 am - 5:00 pm	R \$29 / NR \$35
Tuesday	3803.311 - November 20	9:00 am - 5:00 pm	R \$29 / NR \$35
Wednesday	3804.311 - November 21	9:00 am - 5:00 pm	R \$29 / NR \$35
Wednesday	3807.312 - December 19	9:00 am - 5:00 pm	R \$29 / NR \$35
Thursday	3811.312 - December 20	9:00 am - 5:00 pm	R \$29 / NR \$35
Friday	3806.312 - December 21	9:00 am - 5:00 pm	R \$29 / NR \$35
Wednesday	3810.312 - December 26	9:00 am - 5:00 pm	R \$29 / NR \$35
Thursday	3812.312 - December 27	9:00 am - 5:00 pm	R \$29 / NR \$35
Friday	3809.312 - December 28	9:00 am - 5:00 pm	R \$29 / NR \$35
Wednesday	3808.312 - January 2	9:00 am - 5:00 pm	R \$29 / NR \$35



new

Before & After School Program

Camp Erie is offering a before & after school program at Aspen Ridge Preparatory School starting this fall! The program is offered Monday-Friday from 6:30 – 8:00 am and 3:00 – 6:00 pm. Days off from school will be held at the Erie Community Center. Participants must be enrolled at Aspen Ridge Preparatory School.

MONTHLY FEE	BEFORE SCHOOL	AFTER SCHOOL
1 x week	\$49	\$69
2 x week	\$99	\$139
3 x week	\$135	\$185
4 x week	\$165	\$239
5 x week	\$195	\$289
DAILY FEE	\$15	\$19

Special Events

REGISTER TODAY!

You love it, so we brought it back! Join us for the 3rd year of “The Great Erie Outdoor Adventure” on September 8 & 9! Don’t miss Erie’s #1 Family Event! This is an outdoor and nature-based event where participants enjoy overnight camping in the Erie Community Park plus other activities such as a climbing wall, kayak tanks, mountain bike course/demo, and a variety of environmental education vendors. Community dinner, outdoor movie, and many fun contests too! We expect over 750 participants this year! Register early!



THE GREAT ERIE OUTDOOR ADVENTURE SEPTEMBER 8 & 9

The full schedule of events will be available on our website at www.erieco.gov/specialevents on Tuesday, September 4 by 5:00 pm.

Fee per campsite: R \$45/NR \$55 (includes up to 6 participants per campsite, all activities, dinner, movie, and contest prizes)

We appreciate the great feedback from last year’s event and we look forward to incorporating your wonderful suggestions to enhance the 2012 event!

Registration deadline is Sunday, September 2 or when campsites sell out!

For more information, please call 303.926.2550 or visit the event site at www.erieco.gov/specialevents.



IN PARTNERSHIP
WITH:



Special Events

TRUNK OR TREAT

AT THE ERIE COMMUNITY CENTER

SATURDAY, OCTOBER 27 • 3:30 - 6:00 PM

You have heard of going door to door, why not consider going trunk to trunk? Vehicles decorated by volunteers and area businesses will line the parking lot at the Erie Community Center for this year's 7th annual event! Prizes will be awarded for best trunk.

Event is FREE - no registration is needed to attend.

TRUNKS NEEDED! - We need area businesses and volunteers to decorate their trunks or tailgate and provide candy or small prizes for their trunk-or-treaters. Please call 303.926.2550 for more information or to register your trunk after September 15.



HOLIDAY LIGHTING CONTEST

Decorate your home for the holidays and enter Erie's holiday lighting contest! Prizes will be awarded.

Detailed registration information will be available on November 1 at www.erieco.gov/specialevents and at the Erie Community Center! Judging will be on December 19

KRIS KRINGLE'S COOKIE FEST

Wednesday, December 19 • 1:00 - 3:00 pm

Start your holiday season off with a bang at this year's event! Have your 5-12 year old join us for holiday crafts, cookie decoration and eating, games, and much more! Parents are welcome to come with their child. All supplies will be provided. This event is included in the Camp Erie registration fee for December 21.

FOR MORE INFORMATION ON SPECIAL EVENTS, SPONSORSHIP OR ADVERTISING, PLEASE CALL 303.926.2550.
FOR VOLUNTEER OPPORTUNITIES PLEASE CALL 303.926.2550, OR EMAIL VOLUNTEER@ERIECO.GOV.

Youth Sports

Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

Soccer

Coed Instructional Soccer (ages 4-5)

Instructional Soccer is a great program to teach children basic fundamentals such as dribbling, passing, shooting, and defense. Classes are held once per week for five weeks. Official games will not be played and travel is not required. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: August 28 – September 25
Time: 10:00 - 10:45 am 1180.308
10:55 - 11:40 am 1181.308
5:10 - 5:55 pm 1182.209

Day: Wednesday
Date: August 29 – September 26
Time: 10:00 - 10:45 am 1182.308
10:55 - 11:40 am 1183.308
5:10 - 5:55 pm 1181.209

Day: Thursday
Date: August 30 – September 27
Time: 10:00 - 10:45 am 1184.308
10:55 - 11:40 am 1185.308
5:10 - 5:55 pm 1183.209

Fee: R \$25 / NR \$29

1st - 2nd Grade Soccer (ages 6-8)

1st & 2nd Grade Soccer is a great progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. Teams practice once or twice per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt, shorts and socks. All players must provide their own shin guards (required). Molded soccer cleats (toeless front cleat) are recommended, but not required. Information packet available now. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is August 19.

Day: Monday – Saturday
Date: September 4 – November 3
Grade: 1st - 2nd Grade - 1178.308
Fee: R \$39 / NR \$49



Challenger Sports Soccer Skill Development Camp (ages 6-14)

Challenger Sports has established itself as the premier provider of soccer camps in North America, and has created a unique camp experience that teaches more than just dribbling, shooting, heading, and passing. Challenger's "Skill Development Camp" is an experience that combines technical instruction, tactical training, competitive play and lots of fun! During this seven-week program their professional British trainers provide players with the advanced instruction and training necessary to help them compete at a higher level. Each week the players will take part in technical, tactical and physical training sessions that will sharpen skills, improve decision making and increase speed and fitness. Registration deadline is one week prior to the first class. Register online at www.challengersports.com.

Day: Monday
Date: September 10 – October 22
Time: 5:30 - 6:25 pm ages 6-8
6:30 - 7:25 pm ages 9-14

Day: Tuesday
Date: September 11 – October 23
Time: 5:30 - 6:25 pm ages 6-8
6:30 - 7:25 pm ages 9-14
Fee: R/NR - \$85



For more information or to register, please visit www.challengersports.com or email Gianluca at gghorsfall@challengersports.com.

Volleyball

Coed Volleyball (Grades 3rd - 6th)

This is a recreational sports program that allows girls and boys the opportunity to compete on teams in an organized setting. The Northern Valley Athletic Association (NVAA) consists of other agencies in the area and traveling is required. Teams practice in Erie once or twice per week (coach discretion) and play games Saturday mornings and/or afternoons at both home and away locations (times/locations TBD). Fee includes a game jersey. All players must provide their own knee pads (required). Information packet available now. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is August 12.

Day: Monday - Saturday
Date: August 27 - November 3
Age: 3rd - 4th Grade - 1150.208
5th - 6th Grade - 1151.208
Fee: R \$49 / NR \$59

Coed Volleyball - Longmont League (Grades 7th - 8th)

This is a recreational sports program that allows girls and boys the opportunity to compete on teams in an organized setting. Teams play in the Longmont Recreation League and traveling is required. Teams practice in Erie once or twice per week (coach discretion) and play games Saturday mornings and/or afternoons at both home and away locations (times/locations TBD). Fee includes a game jersey. All players must provide their own knee pads (required). Information packet available now. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is August 12.

Day: Monday - Saturday
Date: August 27 - November 3
Age: 7th - 8th Grade - 1152.208
Fee: R \$49 / NR \$59

Youth Sports

PRESCHOOL SPORTS

PE Mix (ages 3-5)

PE Mix is a wonderful opportunity to introduce children to basic sports such as basketball, soccer, tee ball, and individual sports with a strong emphasis on FUN! Classes are held once per week for five weeks at the Center. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Monday
Date: September 17 – October 15
Time: 5:10 - 5:55 pm - 1130.309
6:00 - 6:45 pm - 1131.309
Location: ECP Civic Green (outside)



Day: Tuesday
Date: September 18 – October 16
Time: 9:00 - 9:45 am - 1132.309
9:55 - 10:40 am - 1133.309
Location: ECC Gym

Day: Wednesday
Date: September 19 – October 17
Time: 9:00 - 9:45 am - 1134.309
9:55 - 10:40 am - 1135.309
Location: ECC Gym

Fee: R \$25 / NR \$29



Coed Instructional Football (ages 4-5)

Instructional Flag Football is a great program to teach children basic fundamentals such as passing, running, catching, defense, and sportsmanship. Classes are held once per week for five weeks. Official games will not be played and travel is not required. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: August 28 – September 25
Time: 6:00 - 6:45 pm - 1130.208

Day: Wednesday
Date: August 29 – September 26
Time: 6:00 - 6:45 pm - 1131.209

Day: Thursday
Date: August 30 – September 27
Time: 6:00 - 6:45 pm - 1132.209

Fee: R \$25 / NR \$29

FOOTBALL

NFL Punt, Pass & Kick (Ages 6-15)

Join in the fun with the NFL Punt, Pass & Kick (PPK) competition where girls and boys in five separate age divisions compete against each other in punting, passing, and place kicking events. In addition to determining who can throw and kick the farthest, NFL PPK encourages kids to get active and have fun by playing football. This local competition will be held at Erie Community Park – Mitchell Field on Saturday, September 22. Participants may only participate in one local competition. Registration deadline is September 20.

Day: Saturday
Date: 1174.209 - September 22
Time: 3:00 - 5:00 pm
Fee: FREE



NFL Flag Football (ages 5-12)

Join the Erie NFL Flag Football League - a premier youth flag football league for both boys and girls! This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning fundamental football skills, sportsmanship and teamwork. Teams play in the NFL Flag Football League and traveling may be required for ages 7-12. Teams practice once or twice per week in Erie and play games on Saturday mornings and/or Friday nights. Fee includes a NFL reversible jersey. Information packet available now. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is August 12.

Day: Monday - Saturday
Date: August 27 - October 27
Ages: 5 & 6 years - 1170.208
7 & 8 years - 1171.208
9 & 10 years - 1172.208
11 & 12 years - 1173.208
Fee: R \$65 / NR \$79



Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

Youth Sports (cont.)

Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

BASKETBALL

Little Dribblers Basketball (ages 4-5)

Little Dribblers is a great program to teach children basic fundamentals such as dribbling, passing, shooting, and defense. Classes are held once per week for five weeks. Official games will not be played and travel is not required. Fee includes a t-shirt and all equipment is provided. We welcome parent helpers! Please let one of the staff know you wish to help. Registration deadline is one week prior to the first class. No class week of November 19.

Day: Monday
Date: Session I ~ November 5 – December 10
Time: 4:00 - 4:45 pm - 1100.311
4:50 - 5:35 pm - 1101.311
Date: Session II ~ January 21 – February 18
Time: 4:00 - 4:45 pm - 1108.301
4:50 - 5:35 pm - 1109.301

Day: Wednesday
Date: Session I ~ November 7 – December 12
Time: 4:00 - 4:45 pm - 1104.311
4:50 - 5:35 pm - 1105.311
Date: Session II ~ January 23 – February 20
Time: 4:00 - 4:45 pm - 1112.301
4:50 - 5:35 pm - 1113.301

1st - 2nd Grade Basketball (ages 6-8)

1st & 2nd Grade Basketball is a great introduction and progression to league play where children can put their dribbling, passing, shooting, and defensive skills to use in games against other Erie teams. New for 2012! **There will be separate leagues for 1st and 2nd graders, please register accordingly.** Teams practice once or twice per week and play games on Saturday mornings and/or afternoons. Fee includes a t-shirt. Information packet available August 10. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is January 1.

Day: Monday – Saturday
Date: January 14 – March 2
Grade: 1st Grade Coed - 1116.301
2nd Grade Coed - 1117.301
Fee: R \$39 / NR \$49

NVAA 3rd - 6th Grade Basketball (ages 9-12)

Players continue to build upon fundamental basketball skills while incorporating game strategies in a slightly more competitive environment. The Northern Valley Athletic Association (NVAA) consists of other agencies in the area and traveling is required. Teams practice in Erie once or twice per week (coach discretion) and play games at both home and away locations (times/locations TBD). Fee includes a game jersey. Information packet available August 10. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is October 21.

Day: Monday – Saturday
Date: November 5 – February 9
Boys: 3rd Grade Boys - 1108.311
4th Grade Boys - 1109.311
5th Grade Boys - 1110.311
6th Grade Boys - 1111.311
Girls: 3rd Grade Girls - 1112.311
4th Grade Girls - 1113.311
5th Grade Girls - 1114.311
6th Grade Girls - 1115.311
Fee: R \$49 / NR \$59

7th - 8th Grade Basketball (ages 13-15)

This recreational basketball league allows boys and girls, in separate leagues, the opportunity to compete against each other in an organized setting. Teams play in the Longmont Recreation League and traveling is required. Teams practice in Erie once or twice per week (coach discretion) and play games at both home and away locations (times/locations TBD). Fee includes a game jersey. Information packet available August 10. All teams coached by parent volunteers; if interested, please contact volunteer@erieco.gov. Registration deadline is November 25.

Day: Monday – Saturday
Date: December 3 – March 2
Boys: 7th Grade Boys - 1100.312
8th Grade Boys - 1101.312
Girls: 7th & 8th Grade Girls - 1102.312
Fee: R \$49 / NR \$ 59



YOUTH SPORTS OFFICIALS NEEDED!

Are you dependable, hard working, a fast learner, 16 years old +, and interested in making some extra money?

If interested, please complete an employment application online at www.erieco.gov or call 303.926.2550 for more information.

Youth Sports (cont.)

TENNIS



Tiny Tots Tennis (ages 4-6)

A fun introduction to tennis for tiny tots! We cover forehand, backhand, all volleys and net shots. This class is high-energy with various drills and plenty of fun games. You will be surprised at the progress of this age group. Get your kids involved in a sport they will play for a lifetime! All participants should bring a racquet and water to every practice. Additionally, please bring one can of new tennis balls to the first class. Classes are held at the Erie Community Park tennis courts and all sessions are conducted in three-week intervals. Registration deadline is on session start day.

Day: Tuesday & Thursday
Date: 1145.207 - September 4 – September 20
Time: 4:20 - 4:50 pm
Fee: R \$69 / NR \$85

Beginner Tennis (ages 7-15)

A great introduction to tennis for beginners. We teach all strokes from forehand to backhand, volleys, and overheads, along with serves and footwork with a heavy emphasis on correct form. This class is fast-paced with plenty of drills and games to keep all kids interested. Fun instructors with a passion for the sport and teaching children. Get your kids involved in a sport they will play for a lifetime! All participants should bring a racquet and water to every practice. Additionally, please bring one can of new tennis balls to the first class. Classes are held at the Erie Community Park tennis courts and all sessions are conducted in three-week intervals. Registration deadline is on session start day.

Day: Tuesday & Thursday
Date: 1149.207 - September 4 – September 20
Time: 4:55 - 5:45 pm
Fee: R \$69 / NR \$85

Advanced Tennis (ages 7-15)

A great continuation and advancement class for students. We review all strokes with heavy emphasis on correct form. This class is fast-paced with plenty of drills and games to keep all kids interested. All levels welcome! All participants should bring a racquet and water to every practice. Additionally, please bring one can of new tennis balls to the first class. Classes are held at the Erie Community Park tennis courts and all sessions are conducted in three-week intervals. Registration deadline is on session start day.

Day: Tuesday & Thursday
Date: 1147.207 - September 4 – September 20
Time: 5:50 - 6:40 pm
Fee: R \$69 / NR \$85

Tennis Lessons (ages 7-15)

Looking to improve your game? Please contact Steven Donahue at 303.547.7177 or steven@hustlesports.com for more information about private lessons.



RACQUETBALL

Pee Wee Racquetball (ages 5-7)

Racquetball for the little ones! In this four-week class participants will learn basic racquetball techniques, play games, and develop skills while having fun! Please bring a smile and willingness to learn! Equipment is provided including balls, racquets, and glasses. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: 1147.309 - September 11 – October 2
1147.310 - October 16 – November 6
Time: 5:15 - 5:45 pm
Fee: R \$25 / NR \$29

Beginner Racquetball (ages 8-16)

Let's play racquetball! In this four-week class participants are introduced to the game and will learn basic rules, beginning stroke mechanics, and have fun! Please bring a smile and willingness to learn! Equipment is provided including balls, racquets, and glasses. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: 1145.309 - September 11 – October 2
1145.310 - October 16 – November 6
Time: 5:50 - 6:35 pm
Fee: R \$25 / NR \$29

Intermediate Racquetball (ages 8-16)

It's racquetball time! In this four-week class participants will focus on serve techniques, intermediate stroke mechanics, court strategy, and having fun! Please bring a smile and willingness to learn! Equipment is provided including balls, racquets, and glasses. Registration deadline is one week prior to the first class.

Day: Tuesday
Date: 1146.309 - September 11 – October 2
1146.310 - October 16 – November 6
Time: 6:40 - 7:25 pm
Fee: R \$25 / NR \$29

Private Racquetball Lessons

Looking to improve your game? Please contact John Pryor at 303.926.2796 or jpryor@erieco.gov for more information about private lessons.

Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

Youth Sports (cont.)

General Information

National Alliance for Youth Sports (NAYS)

The Town of Erie has embraced the philosophies set forth by NAYS, comprised of an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports. NAYS seeks to make the sports experience safe, fun and healthy for ALL children. In addition, NAYS promotes the value and importance of sports and physical activities in the emotional, physical, social and mental development of youth. The Alliance believes that participation in sports and activities develops important character traits and lifelong values.

Parents Association for Youth Sports (PAYS)

Because parents play such a crucial role in helping their children get the most fun out of their participation as possible, NAYS created the Parents Association for Youth Sports (PAYS). The PAYS program enables parents to help their children have truly rewarding sports experiences. This is a wonderful opportunity for parents to become aware of their roles and responsibilities and ways they can make the youth sports experience more enjoyable and positive. Parents can complete this training online for only \$6 per family and we strongly encourage each of you to take advantage of this great program.

Simply follow these instructions:

- Visit: <http://paysonline.nays.org>
- Click on New User (Returning user applies only if you started the program but could not finish)
- Click on all boxes of disclaimer page and click “I accept” at the bottom of the page
- Find your Chapter from the drop down list: CO – Town of Erie Parks & Recreation
- Type in your Chapter’s code: 1194
- Click Next

Inclement Weather - SAFETY IS OUR NUMBER ONE PRIORITY

Every attempt will be made to allow practices and play games; however, if field and/or weather conditions present an unsafe environment for participants, spectators, coaches, officials, and/or staff we will postpone or cancel practices and games. Field supervisors are instructed to err on the side of caution when it comes to inclement weather decisions.

Please call the weather hotline at 303.926.2550 (option 4). Weather information can also be found on www.quickscores.com/erie. Weather information is updated by 4:00 pm on weekdays or 8:00 am on weekends. There are three situations to listen for:

- All games and practices will be played as scheduled
- All games and practices have been cancelled
- The fields are open and it is the coach’s decision to cancel practice This could mean it is raining, but fields are in good condition, or there is abnormally cold or hot weather. In this situation, please assume you are to practice as scheduled unless you hear differently from your coach

Uniforms

The uniform order is placed immediately following the registration deadline. Add-ons (late registrations) and change orders (ordered incorrect size) will be compiled and sent weekly thereafter and may NOT be available by your first game. PLEASE NOTE: Add-ons and change orders may incur additional charges. For changes, you are required to turn-in the original uniform in order to receive the new one. There are sample uniform sizes available at Guest Service. We strongly encourage you to use these to determine your child’s correct size prior to ordering. Uniform colors and numbers are chosen completely at random and uniforms may not be modified in any way.

Special Requests

ONLY ONE REQUEST WILL BE CONSIDERED FROM THE FOLLOWING THREE TYPES OF REQUESTS:

- 1) *Coach Request* – A request for the participant to play on a specific coach’s team. Please confirm with the coach prior to registration that the coach is in fact coaching this season/sport/age division.
- 2) *Player/Friend Request* – A request to play on the same team as a specific player/friend. Both friends must request each other for the request to be considered.
- 3) *Practice Day Request* – A request to practice on a specific day or time. We do our best to accommodate these requests; however, each coach selects the team’s practice days and times.

Priority is given based on registration date and time, please register early. We will attempt to honor requests, but must retain the right to deny any request in order to maintain team equality. Therefore, requests are taken, but not guaranteed!

Season Timeline

EVENT	ACTIVITIES
Registration Opens	Register, make special requests (if any), Coaches pick practice days/times
Registration Closes	Form teams, recruit additional coaches (if necessary), order uniforms, conduct coach’s meeting
Week prior to 1st practice	Distribute rosters to coaches, coaches contact parents regarding practice days/times
Week prior to 1st game	Distribute game schedules and uniforms to coaches
Mid-Season to End of Season	Picture day, updated schedule/ league information, pictures and awards distributed to coaches
End of Season	Optional team party and opportunity to evaluate program or league



Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

Volunteer Coaches Needed! If interested, please contact volunteer@erieco.gov.

Adult Sports

Please visit www.erieparksandrec.com for league information, free agent lists/info, schedules, maps, surveys, and much more!

ERIE COMMUNITY PARK CONCESSIONS STAND



Visit the concessions stand late March through early October during Adult Softball Leagues, Youth Baseball and Softball Games, and Tournaments! The stand features Coca-Cola products, Coors products (Adult games only), hot dogs, hot pretzels, breakfast burritos, nachos, candy, popcorn and more!

SOFTBALL LEAGUE CLASSIFICATIONS:

EE league play – Novice (no homeruns/a homerun ends the half inning). The team is out for a little fun and exercise. New teams or teams with the majority of players who are new to the game.

E league play– Recreation (1 homerun per game, all others are outs). The team is a balance of newer players and those with some playing experience. Some established teams.

D league play – Upper (3 homeruns per game, all others are outs). The team is a balance of experienced and average players looking for a higher level of play who regularly play in leagues and some tournaments.

C league play – Competitive (4 homeruns per game, all others are outs). Established Teams. Teams consist of skilled and experienced players who play in leagues and tournaments.

Men's / Women's / Mixed (Coed) Softball (ages 18+)

Come and play USSSA softball at the award winning Ballpark at Erie! A variety of men's / women's / mixed leagues are available. Level of play for this adult league is recreational. The fall season consists of eight games with the last week of play as a positional playoff game. Awards given to positional playoff champion. No roster maximum; however, rosters freeze after the fifth week of play. A mandatory organizational meeting will be held on Thursday, August 30, at 7:00 pm at the Center. A team representative is required to attend. Registration deadline is August 28.

Day: Tuesday - September 4 - October 23
2153.208 - Men's (E)
2154.208 - Men's (D)
2155.205 - Mixed (EE)

Day: Wednesday - September 5 - October 24
2156.209 - Mixed (E)
2156.210 - Mixed (D)

Day: Thursday - September 6 - October 25
2156.211 - Over 40 (Coed) (E)
2156.212 - Women's (E)



Day: Friday - September 7 - October 26
2152.208 - Men's (D)
2151.208 - Mixed (D)
2154.209 - Men's (E)
2151.209 - Mixed (E)

Time: 6:00, 7:00, 8:00 or 9:00 pm
Fee: R \$439 / NR \$549

FLAG FOOTBALL

Men's & Coed Flag Football (ages 18+)

Level of play for this adult league is recreational. Fees must be paid in full at the time of registration. The fall season consists of eight games with the last week of play as a positional playoff game. Awards given to positional playoff champion. Roster maximum is 12 per team. A mandatory organizational meeting will be held on Monday, August 13 at 7:00 pm at the Center. A team representative is required to attend. Registration deadline is August 12.

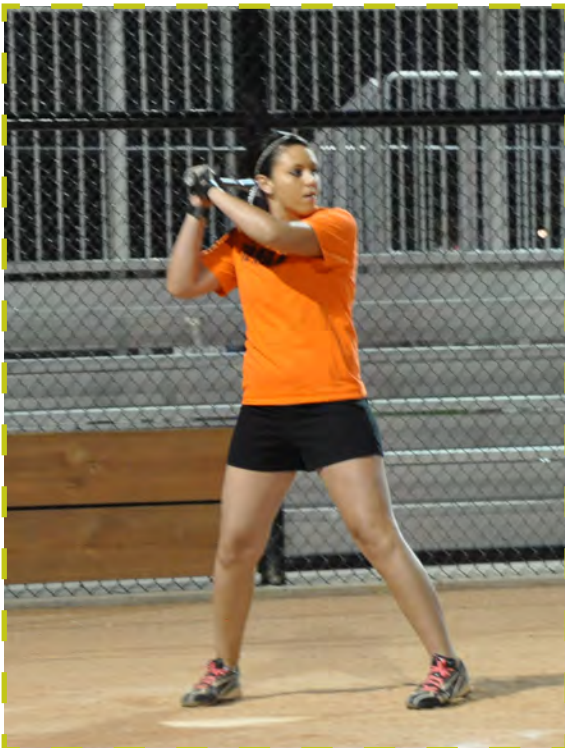
Day: Thursday - August 23 - October 11
League: 2157.208 - Coed
2158.208 - Men's Rec
2159.208 - Men's Upper
Time: 6:00, 7:00, 8:00 or 9:00 pm
Fee: R \$365 / NR \$459

SOFTBALL

Men's Competitive Softball (ages 18+)

Come and play USSSA softball at the award winning Ballpark at Erie! Level of play for this adult league is Competitive (C). The fall season will consist of an eight week schedule with double headers played each week (16 games) with the last week of play as a positional playoff game. Awards given to positional playoff champion. No roster maximum; however, rosters freeze after the fifth week of play. A mandatory organizational meeting will be held on Thursday, August 30, at 7:00 pm at the Center. A team representative is required to attend. Maximum of eight teams for this league. Registration deadline is August 28.

Day: Wednesday
Date: 2150.108 - September 5 - October 24
Time: 6:00, 7:00, 8:00 or 9:00 pm
Fee: R \$719 / NR \$899



Adult Sports (cont.)

SOCCER

Coed Soccer (ages 18+)

Level of play for this adult league is recreational. Fees must be paid in full at time of registration. The fall season consists of eight games with the last week of play as a positional playoff game. Awards given to positional playoff champion. Play is 6 vs. 6 which includes a goalie, with a roster maximum of 12 per team (no male/female ratio requirements). Each team must wear similar uniforms and provide a game ball. The league is self-officiated by players. Unnecessary roughness or slide tackling is strictly prohibited. A mandatory organizational meeting will be held on Thursday, September 13, at 7:00 pm at the Center. A team representative is required to attend. Registration deadline is September 9.

Day: Sunday
Date: 2156.208 - September 16 - November 4
Time: 9:00 am, 10:00 am, 11:00 am or 12:00 pm
Fee: R \$199 / NR \$249

BASKETBALL

Women's Basketball (ages 18+)

Level of play for this 3 vs. 3 adult basketball league is recreational. Fees must be paid in full at time of registration. The fall season will consist of a six game schedule with the last week of play as positional playoff games. Awards given to positional playoff champion. Roster maximum is six per team. A mandatory organizational meeting will be held on Monday, September 24, at 7:00 pm at the Center. A team representative is required to attend. Maximum of ten teams for this league. Registration deadline is September 16.

Day: Thursday
Date: 2103.309 - September 27 - November 1
Times: 6:00, 6:45, 7:30, 8:15 or 9:00 pm
Fee: R \$229 / NR \$279



Men's Basketball (ages 18+)

Level of play for this 5 vs. 5 adult league is recreational or upper recreational. Fees must be paid in full at time of registration. The fall season consists of eight games with the last week of play as a positional playoff game. Awards given to positional playoff champion. Roster maximum is 10 per team. A mandatory organizational meeting will be held on Thursday, September 6, at 7:00 pm at the Center. A team representative is required to attend. Maximum of eight teams for each league. Registration deadline is September 4.

Day: Tuesday
Date: September 11 - October 30
League: 2100.311 (Recreational)
Time: 6:00, 7:00, 8:00 or 9:00 pm

Day: Sunday
Date: September 16 - November 4
League: 2100.310 (Upper Recreational)
Time: 3:00, 4:00, 5:00 or 6:00 pm
Fee: R \$345 / NR \$435

VOLLEYBALL

Coed / Women's Volleyball (ages 18+)

Level of play for this adult league is open, recreational (C), or upper recreational (B). Fees must be paid in full at time of registration. The fall season consists of eight games with the last week of play as a positional playoff game. Awards given to positional playoff champion. Roster maximum is 12 per team. A mandatory organizational meeting will be held on Thursday, August 30, at 7:00 pm at the Center. A team representative is required to attend. Maximum of eight teams for each league. Registration deadline is August 26.

Day: Wednesday
Date: September 5 - October 24
League: 2121.310 (Coed Upper Rec (B) 6 vs. 6)
2121.311 (Coed Rec (C) 6 vs. 6)
2121.312 (Women's Open 4 vs. 4)
Times: 6:00, 6:45, 7:30, 8:15, 9:00 or 9:45 pm
Fee: R \$289 / NR \$359



TENNIS



Beginner Tennis (ages 16+)

Learn all the basic strokes such as forehand, backhand, serve, return of serve, volleys, and overheads. You will also learn the basic rules and how to score so you can go out with your friends and have a great time. Racquets required. Classes held at the Erie Community Park tennis courts. Registration deadline is one week prior to the first class.

Day: Tuesday & Thursday
Date: 1142.320 - September 25 - October 11
Time: 6:45 - 7:35 pm
Fee: R \$69 / NR \$85

Intermediate Tennis (ages 16+)

A great continuation and advanced tennis class for adults. We review all strokes with heavy emphasis on correct form. You will also learn the basic rules and how to score. This class is fast paced with plenty of drills and games to keep all participants interested. All levels welcome! Racquets required. Classes held at the Erie Community Park tennis courts. Registration deadline is one week prior to the first class.

Day: Tuesday & Thursday
Date: 1143.309 - September 25 - October 11
Time: 7:40 - 8:30 pm
Fee: R \$69 / NR \$85

Private Tennis Lessons

Looking to improve your game? Please contact Steven Donahue at 303.547.7177 or steven@hustlesports.com for more information about private lessons.

Adult Sports (cont.)

RACQUETBALL

Racquetball League (ages 18+)

Adult racquetball leagues are now forming at the Center! Competition levels are Open/A, B/C, Novice/Beginner, or 50+. Each league is eight weeks and match format is three games to fifteen points with all scores reported. Maximum of eight participants for each league. Registration deadline is three days prior to each league.

Day: Sunday
League: 2143.213 - Novice/Beginner
Date: September 16 - November 4
Time: 3:00, 3:45, 4:30, or 5:15 pm



Day: Sunday
League: 2143.214 - 50+ Doubles (must provide your own partner)
Date: September 16 - November 4
Time: 12:00, 12:45, 1:30, or 2:15 pm
Fee: R \$25 / NR \$29 (each player must register)

Day: Monday
League: 2143.209 - Open/A
Date: September 17 - November 5
Time: 6:00, 6:45, 7:30, or 8:15 pm

Day: Wednesday
League: 2143.210 - 50+
Date: September 19 - November 7
Time: 9:00, 9:45, 10:30, or 11:15 am

Day: Thursday
League: 2143.211 - B/C
Date: September 20 - November 8
Time: 6:00, 6:45, 7:30, or 8:15 pm

Day: Saturday
League: 2143.212 - B/C
Date: September 22 - November 10
Time: 4:00, 4:45, 5:30, or 6:15 pm

Fee: R \$25 / NR \$29

Racquetball Singles Tournament (ages 16+)

Can you rule the court? Come participate in the racquetball tournament! Competition is limited to twelve participants. Men's, women's, and 50+ players are encouraged to participate. The tournament is round robin format. Prizes awarded to tournament winner! Registration deadline is one week before tournament.

Day: Saturday
Date: Tournament I - 2145.203 - November 17
Tournament II - 2145.204 - January 5
Times: 8:30am - 12:00 pm
Fee: R \$9 / NR \$15

Racquetball Doubles Tournament (ages 16+)

Can your team rule the court? Come participate in the racquetball doubles tournament! Competition is limited to six teams. Men's, women's, and coed teams are encouraged to participate. The tournament is round robin format. Prizes awarded to tournament winner! Registration deadline is one week before tournament.

Day: Saturday
Date: Tournament I - 2145.201 - December 1
Tournament II - 2145.202 - January 22
Times: 8:30am - 12:00 pm
Fee: R \$9 / NR \$15

For additional tournament information, please visit the Colorado Racquetball Association website www.coloradoracquetball.com

DROP-IN ADULT SPORTS SCHEDULE

Wallyball (ages 18+)

Stop by the Center on Wednesday nights and participate in an exhilarating game of wallyball. Pick up games are available anytime from 6:00 - 9:00 pm in racquetball court #1. You know you want to play! For both men and women.

Racquetball Challenge (ages 18+)

See how you stack up against the competition on Thursday nights. Come in anytime between 6:00 - 9:00 pm, get your name on the board and see how long you can hold the court! For both men and women.

Ultimate Frisbee & Kickball (ages 18+)

Get your friends and neighbors together for a pick up game Saturday afternoons from 1:00 - 3:00 pm at the Erie Community Park – Civic Green. Equipment is available at Guest Service.

RESIDENT/NON-RESIDENT TEAMS

To qualify as a resident team, 50% or more of the roster must be Erie residents.

OPEN GYM SCHEDULE

Please contact the Center or look online for open gym times as they will vary throughout the season.

50+ SPORTS

50+ Coed Volleyball

This is a traveling team affiliated with the Colorado Senior Volleyball Association. League play runs for 11 weeks and includes a tournament. Practices are held on Mondays at the Center. Teams will play on Wednesdays and travel to communities along the Front Range. Erie Parks & Recreation jerseys MUST be worn for all league play. At the time of your registration, you will be required to list a preferred size (jerseys may be used multiple seasons). Sample sizes available at Guest Service. Team jerseys cost \$25. Registration deadline is December 3.

Day: Monday & Wednesday
Date: January 7 - March 20
Recreation - 5380.107
Intermediate Recreation - 5380.108
Upper Recreation - 5380.109
Fee: 60+ R \$49 / NR \$59
50-59 R \$59 / NR \$75

DROP-IN 50+ ADULT SPORTS SCHEDULE

Racquetball – Tuesdays: 8:30 - 11:30 am (singles/doubles)
Pickleball – Tuesdays: 11:00 am - 1:00 pm (gym)
Pickleball – Wednesdays: 5:30 - 7:30 pm (tennis court)
Pickleball – Thursdays: 12:30 - 2:30 pm (gym)
Volleyball – Fridays: 11:00 am - 1:00 pm
Tennis – Fridays: 11:00 am - 1:00 pm (weather permitting)

50+ Team Captains/Representatives are needed. Please call 303.926.2796 for additional information. For more league information and to view the 50+ Free Agent List, please visit: www.erieparksandrec.com

Active Adults 60+

COLUMBINE LOUNGE ACTIVITIES

The Columbine Lounge is open Monday - Friday, from 8:00 am - 4:00 pm. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents.

Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

DROP-IN ACTIVITIES

You are welcome to drop in anytime during our lounge hours to play your favorite game. Join us during these times when others will be playing the following games or activities. These scheduled times are ongoing.

Monday & Friday	9:00 am – Coffee Talk, Columbine Lounge
Tuesday	12:30 pm – Bridge, Columbine Lounge
Wednesday	1:00 pm – Cribbage & American Mahjong, Columbine Lounge
1st & 3rd Friday	9:00 am – 1:00 pm – Painting, Lehigh (Beginning September 2012)
Friday	1:00 pm – Mahjong, Columbine Lounge

FRIENDSHIP CIRCLE

This program is open to all new or seasoned residents of Erie who would like to get to know their neighbors. If you are interested in meeting others, developing friendships, and participating in activities that are organized by the group, please consider joining us. Call Dave & Sandy at 303.955.4480 for a schedule of activities. Group meets the 3rd Thursday of each month at 1:30 pm in the Columbine Lounge.

FRIDAY AFTERNOON BINGO

Join in on the fun in this friendly game of BINGO and an afternoon to socialize with friends. Registration is not required. Bingo is played in the Mitchell Room. Prizes are sponsored by Life Care Center of Longmont.

Date:	1st Friday of the Month
Time:	1:30 pm
Fee:	FREE

FRIDAY AFTERNOON MOVIES

Join your friends and neighbors for an afternoon movie and popcorn as the Mitchell Room is turned into a movie theater. Movie titles will be announced in the Active Adult / SilverSneakers® newsletter. If you would like to make a movie suggestion, please call 303.926.2795 or stop by the Columbine Lounge. Registration is not required.

Date:	4th Friday of the Month - except November it will be 11/30
Time:	1:30 pm
Fee:	\$2 suggested donation

LUNCHES

Lunches are provided by the Weld County Senior Nutrition Program every Thursday at 12:15 pm. Join us for the social hour beginning at 11:00 am. Reservations are required by Tuesday at 5:00 pm by calling 303.926.2795.

AFTER LUNCH ENTERTAINMENT

After the Thursday lunch, join us for free entertainment. Entertainment begins at approximately 12:45 pm and is open to anyone, whether you eat lunch with us or not. Entertainment will not be scheduled for every lunch. Please check the schedule in the Active Adult/ SilverSneakers® newsletter or call 303.926.2795.

COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

50+ COED SPORTS / DROP-IN SPORTS

For more information on these programs, please see page 31.

SILVERSNEAKERS®

The Healthways SilverSneakers® Fitness Program is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental, and social needs of Medicare-eligible members (usually 65-plus). SilverSneakers® members of a sponsoring health plan receive a no-cost basic membership that includes the opportunity to participate in the signature SilverSneakers® group exercise classes. Please check our website at www.erieparksandrec.com for more information and FAQ's.

SILVERSNEAKERS® NEW MEMBER MEETING

Meet your SilverSneakers® Advisor and learn all about the many benefits of your SilverSneakers® membership and fitness classes offered. Call 303.926.2795 for more information.

Day:	Wednesday		
Date:	5351.209 – September 12	5351.211 – November 14	
	5351.210 – October 10	5351.212 - December 12	

Time:	10:00 – 11:00 am
Fee:	Free

PARTNERSHIP PROGRAMS

FOOT CLINICS

A registered nurse provides a full range of services to treat your feet on the 4th Tuesday of each month. Call Summercares at 303.651.5224 to make an appointment and for fee information.

VIA

Via, formerly Special Transit, provides low cost, door-to-door wheelchair accessible transportation within Boulder County. No-fare (free) or reduced-fare options are available for those who find these fares a hardship. Call 303.447.2848 to see if this service works for you.

- Service within Erie: Thursdays (and other weekdays on a space-available basis)
Fares: \$1.25 one-way/\$2.50 round trip
Thursdays: Pick-ups from 7:30 am – 5:00 pm
Ride requests can be made up to 7 days in advance
- Service to Louisville and Lafayette: Thursdays (and other weekdays on a space-available basis) \$2 one-way/\$4 round trip.
- To Boulder (Wednesdays, Thursdays, Fridays) and to Longmont (Tuesdays) \$4 one-way/\$8 round trip, Call for trip times.

MEDICARE OR MEDICAID COUNSELING

Counseling is available to you for help with Medicare or Medicaid issues. You can reserve a one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance and Medicaid low-income programs. They can help you fill out forms or answer questions. Weld or Boulder County residents with general questions about Medicare can call Centura Health at 970.347.8743. Call 303.926.2795, to reserve your 45 minute appointment.

Day:	Thursday
Dates:	September 20, October 18, November 15, December 20
Times:	1:00 - 4:30 pm
Fee:	Free

Active Adults 60+

TRIPS



History Colorado Center in Denver

This new museum creates a rich experience for visitors through exhibits and programs that blend technology, media, environments and artifacts. Price includes museum, guided tour and transportation. Registration deadline is August 21.

Day: Wednesday
Date: 5314.309 – September 5
Time: 9:00 am – 12:30 pm
Fee: R \$12 / NR \$15

Benson Sculpture Garden in Longmont

Currently, there are 132 pieces of sculpture on permanent display by world-renowned artists. Travel with us and enjoy friendship and the beauty of the great outdoors. Price includes transportation. Registration deadline is September 6.

Day: Friday
Date: 5318.309 – September 14
Time: 9:00 – 11:30 am
Fee: R \$7 / NR \$9

Multicultural Potluck at Longmont Senior Center

We travel to Longmont and join our potluck family as they host this event. Our neighbors from Lafayette and Boulder will unite with us for food, fun, friendship and some great entertainment. Bring a dish that feeds six to share. Registration deadline is September 13.

Day: Friday
Date: 5303.309 – September 21
Time: 10:30 am – 2:00 pm
Fee: R \$3 / NR \$5 – riding on the Erie van
Fee: 5306.309 – Free – driving on own

Greeley Freight Station Museum

This one-of-a-kind facility features over 600 railroad-related artifacts ranging from a Virginia and Truckee Railroad switch key to a full-sized Colorado and Southern wooden Caboose available for examining both inside and out. The highlight of the museum is its huge 5,500 sq. ft. operating miniature railroad. Price includes transportation and Museum. Registration deadline is September 18.

Day: Saturday
Date: 5319.309 – September 29
Time: 9:00 am – 1:00 pm
Fee: R \$12 / NR \$15



Fall Colors - Drive to Leadville

Enjoy a spectacular drive through the beautiful Colorado mountains to Leadville while enjoying the fall colors along the way. Once in Leadville you can explore, shop, eat and take a walking tour of the town, if you wish. Fee includes transportation. Meals are on your own. Registration deadline is September 25.

Day: Tuesday
Date: 5319.310 – October 2
Time: 9:00 am – 4:00 pm
Fee: R \$13 / NR \$16

Molly Brown House Museum & Lunch

During the 1960's, Denver restored this house from 1910 to its original splendor. After a guided tour you will enjoy lunch at Fleur Bistro. Price includes museum and transportation. Lunch is on your own, price range \$7-\$10. Registration deadline is October 2.

Day: Wednesday
Date: 5320.310 – October 17
Time: 9:00 am – 1:30 pm
Fee: R \$14 / NR \$17

Haunted Walking Tour of LoDo

The haunted LoDo walking tour is lead by the Denver History Tours and visits the Oxford Hotel, the most haunted structure in town, the House of Mirrors and Strangler's Row. Walking tour will cover about 15 blocks and does have stairs. Tour will happen rain or shine. Fee includes transportation. Registration deadline is October 11.

Day: Friday
Date: 5321.310 – October 26
Time: 9:00 am – 12:30 pm
Fee: R \$14 / NR \$18

Veterans' Salute

Proudly presented by the Aurora Center for Active Adults, this year's Veterans' Salute, Celebrating Aurora's Military Heritage, takes place at the Wings Over the Rockies Air & Space Museum. The celebration includes a sponsor social, museum tour, lunch and program. Fee includes transportation, Veterans' Salute and lunch. Registration deadline is September 28.

Day: Thursday
Date: 5321.311 – November 1
Time: 8:30 am – 2:00 pm
Fee: R \$24 / NR \$29

Denver Art Museum

There's a lot to see and do at the DAM—from their world-class art collection to special events, shopping, great food, and more. Fee includes museum and transportation. Registration deadline is October 25.

Day: Saturday
Date: 5322.311 – November 3
Time: 9:30 am – 12:30 pm
Fee: R \$9 / NR \$11

Spero Winery Tour & Lunch in Denver

You will start the afternoon with an all you can eat Italian feast at Cinzetti's. After lunch you will tour a family owned and operated authentic Italian winery. Fee includes tour and transportation. Lunch is on your own, price \$8. Registration deadline is October 22.

Day: Tuesday
Date: 5323.311 – November 6
Time: 11:00 am – 2:30 pm
Fee: R \$11 / NR \$14

Colorado Mills Holiday Shopping

Get your holiday shopping done without worrying about finding a parking spot. Colorado Mills takes the concept of outlet malls to a new level. Fee includes transportation. Meals are on your own. Registration deadline is November 19.

Day: Tuesday
Date: 5324.311 – November 27
Time: 9:00 am – 2:00 pm
Fee: R \$10 / NR \$13

Active Adults 60+ (cont.)

TRIPS (continued)

Air Force Academy Concert Band in Brighton

Enjoy an annual tradition with the USAF Academy Concert Band to hear favorite holiday tunes, performed by the best of the best! Concert is held at the Union Colony Civic Center. Fee includes transportation and concert. Registration deadline is November 25.

Day: Monday
Date: 5324.312 – December 3
Time: 12:30 – 5:00 pm
Fee: R \$8 / NR \$10

Georgetown Christmas Market

Each December, Georgetown transforms into a bustling Christmas scene reminiscent of Christmas of long ago. Adorned with lights and Christmas greenery and blanketed with snow, the quaint, historic Georgetown has been a Christmas tradition. Fee includes transportation. Meals are on your own. Registration deadline is November 29.

Day: Saturday
Date: 5325.312 – December 8
Time: 10:00 am – 5:00 pm
Fee: R \$13 / NR \$16

Holiday Tour at The Governor’s Residence

Enjoy the elegant holiday decorations at this beautiful historic home known fondly as “Colorado’s Home”. Built in 1908, the Governor’s Residence has served as home to Colorado sitting Governors and their families since 1959. Fee includes tour and transportation. Registration deadline is December 2.

Day: Monday
Date: 5326.312 – December 10
Time: 9:30 am – 11:30 am
Fee: R \$6 / NR \$8

Ted’s Montana Grill & Holiday Lights Tour

Treat yourself to dinner at Ted’s Montana Grill on Larimer Square in Denver. After dinner enjoy the lights of the Denver Civic Center. To cap off the evening, we will view homes in Erie’s Holiday Lighting Contest. Fee includes transportation. Dinner is on your own, price range \$10-\$30. Registration deadline is December 11.

Day: Wednesday
Date: 5327.312 – December 19
Time: 4:00 – 8:30 pm
Fee: R \$12 / NR \$15

FREE EDUCATIONAL TALKS

Stay socially connected and mentally challenged with these FREE talks. All talks will be in the Columbine Lounge and will be lead by professionals in the field. For talk descriptions, visit www.erieco.gov or the Active Adult/ SilverSneakers® newsletter. Registration deadline is one week prior to talk.

Bestowing our Blessings: Creating Legacy Letters

Day: Tuesday
Date: 5320.309 – September 4
Time: 11:00 am – 12:00 pm

Learn to Ride the Jump Bus!

Day: Monday
Date: 5357.309 – September 10
Time: 9:30 – 11:30 am

Story Sharing Session

Day: Wednesday
Date: 5312.309 – September 19
Time: 10:00 – 11:30 am

Author Talk - “Colorful Colorado”

Day: Tuesday
Date: 5358.309 – September 25
Time: 10:00 – 11:00 am

Medicare 101

Day: Monday
Date: 5322.310 – October 8
Time: 1:00 – 3:00 pm

Fraud Prevention

Day: Friday
Date: 5323.310 – October 19
Time: 11:00 am – 12:00 pm

Senior Advantage

Day: Tuesday
Date: 5357.310 – October 23
Time: 2:00 – 4:00 pm

New Developments in Hearing Aids

Day: Wednesday
Date: 5358.310 – October 31
Time: 9:00 – 10:00 am

eReader Savvy

Day: Friday
Date: 5325.311 – November 16
Time: 11:00 am – 12:00 pm

SPECIAL EVENTS

For additional information on all special events please refer to the Active Adult/ SilverSneakers® newsletter available in the Columbine Lounge or call 303.926.2795.

A Night at the Erie Improv Comedy Show

Celebrating a year of SilverSneakers® at Erie Parks & Recreation. Celebrate with us with good food, lots of laughs and plenty of prizes. There will be a festive taco bar and entertainment by a comedic improv group. We will give a prize for the best dressed SilverSneakers® costume. Bring your SilverSneakers® card to be entered into a drawing for an additional prize. This event is open to everyone! Come laugh the night away. Registration deadline is September 16. This event is sponsored by Front Range Hospice.

Day: Friday
Date: 5332.309 – September 21
Time: 6:00 – 8:00 pm
Fee: R \$10 / NR \$13

Remember When...

Revisit your high school daze with us as we celebrate fall. Come dressed as you were back then and enjoy a catered meal and tunes spun by a professional DJ. There will be a prize given for the best high school outfit. Also, we will have a slide show to Remember When... To be included in the slide show, send your high school picture to Cindy Gerhardt at cgerhardt@erieco.gov or bring it to her in person. All pictures must be received by October 15 to be included. Registration deadline for the event is October 15. This event is sponsored by Front Range Hospice.

Day: Friday
Date: 5332.310 – October 19
Time: 6:00 – 8:00 pm
Fee: R \$10 / NR \$13

Active Adults 60+ (cont.)

Multicultural Potluck

Erie is the host of this potluck. Join neighbors from Carbon Valley, Longmont, Lafayette, and Boulder. Bring any potluck dish you wish that serves six people. We will have lots of fun, fellowship and entertainment. Registration deadline is December 6.

Day: Friday
Date: 5332.312 – December 14
Time: 11:00 am – 2:00 pm
Fee: Free

Taste of Erie Holiday Luncheon

It's our holiday lunch where you can invite your kids AND the grandkids! We will have a variety of foods from local restaurants, lots of fun, holiday spirit, visiting friends, singing, activities for the kids and hugs! Registration deadline is December 13. You may register at the Thursday lunches or by calling 303.926.2795.

Day: Thursday
Date: December 20
Time: 11:00 am – 2:00 pm
Fee: R/NR – \$3



CLASSES

Acrylic Painting

Each class is a one day, two hour class with the focus on fun! Previous experience is not needed! Painting will occur on a variety of surfaces from cardboard, glass, pottery, wood, canvas and who knows what else! Students may bring alternate surfaces to be painted. Projects may include: greeting cards, seasonal cards, fabric, glass, candles, boxes, baskets, mirrors, etc. ALL supplies are provided, except we ask you to please bring a roll of paper towels. Registration deadline is one week prior to class.

Day: Wednesday
Date: 5302.309 – September 12
5301.309 – September 26
5302.310 – October 10
5303.310 – October 24
5303.311 – November 14
5304.311 – November 28
Time: 10:00 am – 12:00 pm
Fee: R \$19 / NR \$25

Oil Painting

This is a one day, four hour class, and previous experience is not needed. Students will learn to paint the sky, clouds, various types of trees, rocks and boulders, grass and leaves, and many other subjects. All classes will result in a finished project signed by the students at the end of class. ALL supplies are provided, except we ask you to please bring a roll of paper towels. Registration deadline is one week prior to class.

Day: Friday
Date: 5328.309 – September 14
5328.310 – October 12
5328.311 – November 9
Time: 9:00 am – 1:00 pm
Fee: R \$35 / NR \$45

Rubber Stamping

Come join us to make beautiful handmade cards, using fabulous stamp sets and supplies, cool tools, and techniques. Bring your own scissors and double sided adhesive tape. Registration deadline is one week prior to class.

Day: Monday
Date: 5316.309 – September 17
5316.310 – October 15
5316.311 – November 12
Time: 12:00 – 1:15 pm
Fee: R \$4 / NR \$6

Day: Monday
Date: 5317.309 – September 17
5317.310 – October 15
5317.311 – November 12
Time: 1:15 – 2:30 pm
Fee: R \$4 / NR \$6

Acrylic Painting Techniques

This class will work with a variety of painting techniques, some of which are specifically for use with acrylic paints and mediums. Techniques include lift-off prints, palette knife painting, leaf and tissue paper collage, hard edge, pouring, and transfer of images. Developing one's personal creative vision will be encouraged, along with working on developing proper balance of design and color mixing. Instructor: Dianne Widom.

Day: Tuesday
Date: 5326.310 – October 9 – November 13
Time: 1:30 – 4:00 pm
Fee: R \$59 / NR \$79

Beginning Line Dancing

Need to exercise but find it boring? Step out on the right foot in 2012. Get body and mind working together while having fun learning basic line dance skills and dances. Wear comfortable clothing and shoes that are easy to dance in. Registration deadline is one week prior to first class.

Day: Mondays
Date: 5313.309 – September 10 – October 8
5313.310 – October 22 – November 26 *no class November 15
Time: 12:00 – 1:00 pm
Fee: R \$15 / NR \$19

AARP Driver Safety

In this 1/2 day course you will learn defensive driving techniques, new laws, rules of the road, and much more. You will also find out how to adjust your driving to age-related changes in vision, hearing, and reaction time. Plus, you may receive an insurance discount. Auto insurance companies in Colorado provide a discount to AARP Driver Safety graduates, age 55 and older. You must register for this class. Registration deadline is one week prior to class. You will pay the instructor the day of the class.

Day: Friday
Date: 5311.311 – November 9
Time: 8:30 am – 1:00 pm
Fee: AARP Member \$12 / Non Members \$14
Current & Former Military Members & Spouses - FREE



Birthday Parties

BIRTHDAY PARTIES

All parties include one hour of activity and one hour in the party room. Activities include admission to the indoor playground, swimming pool, or climbing wall, for up to 10 children. An additional fee will be charged for each additional child. The Center will provide a quarter sheet cake in your choice of two flavors, candles, juice, balloons, plates, tablecloths, napkins, and silverware. Our staff will set up, decorate, and clean up.

Mini-Miners Indoor Playground Party

This package includes party room rental and admission for up to 10 children to the indoor playground. Available only to children 9 years and younger.

Fee: R \$69 / NR \$85

Swimming Pool Party

Includes party room rental and admission for up to 10 children to the swimming pool area.

Fee: R \$89 / NR \$109

Climbing Wall Party

Includes party room rental and one hour of belay rides for up to 10 children (with a certified climbing staff member).

Fee: R \$105 / NR \$129

AVAILABLE THEMES (CHOOSE ONE):

Party Color Choices:

Pink
Purple
Blue
Red
Green
Orange
Black
Yellow

Theme Choices:

Spiderman
Princess
Dinosaur
Pirate
Toy Story
Sponge Bob

Cake/Icing Choices - Vanilla or Chocolate

ADDITIONAL INFORMATION

Fees for additional children:

Mini-Miners	R \$3 / NR \$4
Swimming Pool	R \$4 / NR \$5
Climbing Wall	R \$5 / NR \$6

Pizza is available upon request (\$10 extra per pizza)



Parks, Athletic Fields & Shelters

	Ballfields	Basketball	Drinking Fountains	Fishing	Walking Trails	Handicapped Access	In-Line Hockey Rink	Parking	Picnic Tables	Bar-B-Q Grills	Playground Equipment	Portable Restrooms	Shelters	Soccer/Playing Fields	Tennis Courts	Sand Volleyball	Electricity	Total Acres
Arapahoe Ridge Park 1750 Powell Street	•					•		•	•	•	•	•		•	•			7.3
Coal Creek Park 575 Kattell	•					•		•	•	•	•	•	•					7
Coal Miners Park 470 Cheesman						•		•	•	•	•	•	•			•		1
Columbine Mine Park 1936 Skyline Drive	•				•	•	•	•	•	•		•	•	•			•	8.8
Country Fields Park 1801 Tynan Drive	•		•		•	•		•	•		•	•	•	•				29
Crescent Park (formerly Kenosha Park) 1300 Lombardi Street			•		•	•		•	•	•	•	•	•	•				7.75
Erie Community Park 450 Powers Street	•		•		•	•		•	•	•	•	•	•	•	•		•	41
Erie Lake North of Arapahoe on HWY 287				•	•	•		•				•						31
Lehigh Park 751 Eichhorn Drive			•		•	•		•	•	•	•	•	•	•				6
Longs Peak Park 311 Wheat Berry Drive & 339 Meadow View Parkway	•	•			•	•		•	•	•	•		•	•				13
Reliance Park (formerly Northridge Park) 900 WCR 1.5	•		•			•		•	•		•	•	•	•			•	5
Thomas Reservoir 2000 N. 119 th Street				•	•	•		•	•			•	•					33

PARKS RESERVATIONS

Shelters, ballfields, and soccer/playing fields are available to rent for your next function. Please contact the Center at 303.926.2550 for rental fees and availability.

PARK SHELTER PERMIT DATES

Spring
March 15 - May 31
(permits open to R - January 2 / NR - January 9)

Summer
June 1 - August 31
(permits open to R - April 1 / NR - April 8)

Fall
September 1 - November 15
(permits open to R - July 1 / NR - July 8)

Rent one of the many shelters at the Erie Community Park for your next party, family reunion, picnic or more! Call the Center or visit the website for more information!

ATHLETIC FIELD PERMIT DATES


Permit dates available
March 15 - November 15

Permit applications will be accepted from November 1 - December 15 for priority consideration. Applicants will be notified the first Town business day in January. After December 15, applications will still be accepted and considered on a first come, first serve basis.

ERIE COMMUNITY PARK SHELTERS

(fees are per 2 hours)	Occupancy Seated	Resident	Non-Resident	Non-Profit
Garfield (entire shelter)	100	\$40	\$50	\$35
Jackson (East Wing)	50	\$20	\$25	\$17
Stewart (North Wing)	25	\$15	\$20	\$13
McGregor (South Wing)	25	\$15	\$20	\$13
Concession (West)	24	\$15	\$20	\$13
Concession (East)	24	\$15	\$20	\$13

Facilities & Amenities

 ERIE COMMUNITY CENTER	Occupancy	AV Cart - DVD, CD, TV, Projector	Bleachers	Microphone	Outdoor Patio	Podium	Projection Screen	Refrigerator/Freezer	Sink	Sound System	Tables and Chairs	Warming Oven	Wood Floor	Resident*	Non-Resident*	Non-Profit*
Bouldering/Climbing Wall	11													\$75	\$95	\$60
Briggs Multi-Purpose Room	100	•		•	•	•			•	•	•			\$40	\$50	\$30
Columbine Lounge	40	•		•		•			•		•			-	-	-
Fitness Studio	35	•		•		•					•		•	\$40	\$50	\$30
Garfield Commons + Kitchen	278	•		•	•	•	•	•	•	•	•	•		\$150	\$189	\$125
Full Gym	625		•	•		•				•	•		•	\$60	\$75	\$50
1/2 Gym	313		•	•		•				•	•		•	\$30	\$39	\$25
Kitchen	-							•	•			•		\$50	\$65	\$40
Lehigh Multi-Purpose Room (stage)	33	•		•		•				•	•			\$30	\$39	\$25
Lloyd Multi-Purpose Room	86	•		•	•	•	•		•	•	•		•	\$40	\$50	\$30
Mini-Miners Indoor Playground	45													\$75	\$95	\$60
Mitchell Multi-Purpose Room	92	•		•	•	•	•		•	•	•			\$40	\$50	\$30
Pool - Lap Lanes	-													\$50	\$65	\$40
Pool	429															
0-50 People														\$150	\$189	\$120
51-100 People														\$200	\$250	\$160
101-150 People														\$250	\$315	\$200
Party Room	35	•						•	•		•			\$30	\$39	\$25
Racquetball Courts	16												•	-	-	-
T-Town	20										•			-	-	-

*Prices are per hour

ERIE COMMUNITY CENTER FACILITY PERMIT DATES

Winter/Spring
January 1 - May 31
(permits open R - November 1 / NR - November 8)

Summer
June 1 - August 31
(permits open to R - April 1 / NR - April 8)

Fall
September 1 - December 31
(permits open to R - July 1 / NR - July 8)



Registration Information

HOW DO I REGISTER?



Online at www.erieparksandrec.com
Follow the links to our online registration system.



Walk-In - Register in person at the
Erie Community Center

WHEN DO I REGISTER FOR PROGRAMS AND CLASSES?

Residents -
July 28

Non-Residents -
August 4

Unless otherwise noted, registration deadline is the Saturday before the first program meeting date.

PARTICIPATION

Minimum participation is required for many of our activities and classes; the Parks & Recreation Department reserves the right to cancel any class due to low participation numbers. You will be notified prior to the first class if a program has been cancelled.

VOLUNTEER OPPORTUNITIES

For volunteer opportunities with Erie Parks & Recreation please visit our website at www.erieparksandrec.com, click on “activity registration” and enter keyword “volunteer”, or email us at volunteer@erieco.gov or call 303.926.2550.

Opportunities available include: Special Events, Youth Sports Coaching, Parks Projects, Active Adults 60+ Programs.

We offer a volunteer incentive program! Earn free passes to the Erie Community Center and more! Visit our website at www.erieparksandrec.com for details on the volunteer incentive program.

ACTIVITY REFUND/CANCELLATION POLICY

For activities cancelled by the Parks & Recreation Department, payments will be credited to your account. A refund will be issued upon written request.

A full (100%) credit or refund will be issued if:

- withdrawals are requested at least seven (7) calendar days prior to the activity start date

A 75% credit or refund will be issued if:

- withdrawals are requested up to six (6) calendar days prior to the activity start date

A 50% credit will be issued if:

- withdrawals are requested after activity date begins and before activity session is 50% complete

No credit or refunds will be issued after activity session is 50% complete

Late activity registrations will not be prorated.



Kids' Nite Out Across America® is offered on Friday nights from 7:00 - 10:30 pm at the Erie Community Center. Kids ages 7 to 14 enjoy contests, games, age-appropriate music, sports, swimming and more!



Parents trust Kids' Nite Out Across America® to provide an active, safe and fun environment. When parents drop their children off, they have peace of mind knowing their kids are safe in a facility that is closed to the public. Staff members who have passed a comprehensive national screening and criminal background check supervise the program and engage the kids.

The nightly fee is \$15 per child. A parent or authorized adult must fill out a Membership Form the first time each child attends. Learn more at www.kidsniteout.org/erie

MEMBERSHIP PROMOTION

15% OFF 3-MONTH PASSES!
FROM SEPTEMBER 15 - OCTOBER 15

SEE GUEST SERVICE FOR MORE INFORMATION!

Erie Parks & Recreation is proud to be a 2012 National Gold Medal Award Finalist for Excellence in Park and Recreation Management!

The Gold Medal Award, administered by the National Recreation and Park Association, honors communities throughout the United States that demonstrate excellence in long-range planning, resource management, and agency recognition. Each agency is judged on its ability to address the needs of those it serves through the collective energies of citizens, staff, and elected officials. Finalists and winners of the National Gold Medal are selected each year by a distinguished panel of leaders who have expertise in the field of park, recreation, and conservation management.



Administration Division

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Erie, CO 80516
303.926.2790

Recreation Division

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303.926.2550

Parks Division

150 Bonnell Avenue
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